

ARCHERY UK

OFFICIAL MAGAZINE OF ARCHERY GB

SPRING 2021 | £4.95

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Three archers make their case

NATIONAL TALENT DEVELOPMENT

Talented young archers on the Archery GB Pathway tell us about their journey

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Pic: National Trust

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Cover: Long Mynd Archers, summer 2020
Picture by: Peter Howsam



SPRING 2021



EDITOR'S WELCOME

With the recent good news allowing archery to resume in England at the end of March ([click here for the latest on lockdowns in Wales, Scotland and Northern Ireland](#)), we can tentatively look forward to picking up where we left off and enjoying the outdoor season back at the range – socially distanced, naturally. To ensure you stay warm and dry out there, two of our coaches along with our partners, Cotswold Outdoor, have teamed up to offer apparel advice. There's also a chance to win a £100 gift card, which you'll find on page 42.

The pandemic has wreaked havoc on many aspects of the sport, and it's been especially tough for the young archers in Archery GB's National Talent Development Programme. Despite the challenges, several of these gifted athletes have successfully completed the programme and are moving one step closer to podium success. You can read about their sporting journeys on page 48. One day, these recurve archers might just be collecting medals at the Olympics – and while recurve bows are a longstanding feature of the Games, we decided to pay homage, on page 38, to some other popular bowstyles. Do let us know your thoughts on the subject.

In our Club People section we meet Chloe Ball-Hopkins, member of Cleve Archers and Multimedia Director of the exciting new Disability Sports Channel. Chloe's archery journey took her all the way to the Paralympic Potential programme in 2014 before a shoulder injury set her back – but she still has Paralympic ambitions. You can read Chloe's inspirational story on page 60.

If the Games has you thinking about your own performance in training or competition, mindfulness expert Dr Kris Chapman explains, on page 57, why seeking perfection is not such a good idea! Incidentally, if you're thinking ahead to potential events around the country, turn to pages 14-15 for our competitions schedule, and do also check the [Tournament Diary](#) on our homepage, which we're hoping will soon fill up as lockdown restrictions ease.

Our practical section offers lots of advice and new kit ideas as usual, and don't forget to book onto an Archery GB training webinar if you'd like to refresh your knowledge on all sorts of topics. You can find more details about the webinars and how to join them in our news pages, along with lots of other positive stories from around the network.

As ever, do keep us posted on all your news and views at magazine@archerygb.org

Vicky Sartain

Communications Editor

ARCHERYUK

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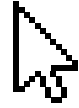
SPRING NEWS



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GET IN TOUCH

If you or your club have any news you'd like to share in Archery UK, we would love to hear it. **Drop us a line at** [📧 magazine@archerygb.org](mailto:magazine@archerygb.org)

New regional support roles to rebuild archery's club network

Archery GB has created a new Participation Team to reach and address clubs' needs at a local level. The team will see existing members of staff take on regions of the archery network while new roles will be created in [Wales](#) and [Northern Ireland](#) to support archers in those nations. In Scotland we will continue to work closely with the [Scottish Archery Association](#).

We recognise that every nation and region has specific needs and opportunities for growth and that a more local approach will boost member satisfaction and diversity.

The last year has shown we can work from anywhere and with anyone and that local insight and expertise is vital for ensuring projects run successfully.

Having staff 'on the ground' will provide opportunities to work

collaboratively with members and other partners. Through this approach we can have a greater influence locally as we will be invested, and seen to be supporting the sport, at a local level.

The Director of Participation will oversee the team, with responsibility for our strategic ambitions of Membership Modernisation, Empowering Workforce and Archer Recruitment. Heads of Participation will support the Director on this, while also taking oversight of a number of regions.

Several national staff will remain who will support the team in areas such as coach development, training and insight.

A number of Regional Development Officers will drive the change needed within our club network, developing relationships and supporting and leading national delivery of programmes.

Archery GB job opportunities

Archery GB is now recruiting for part-time Regional Development Officer roles for GWAS, Wales and Northern Ireland to complement existing staff who cover, or will be taking on SCAS, EMAS, WMAS, and NCAS. Please [see our website for details](#) – the application closing date is 28 March 2021.

Half of the team are funded by [Sport England](#), who have committed to funding Archery GB for a fifth year in this current four-year cycle to help stabilise the sports sector as we attempt to recover from the damage of Covid-19. Later this year the senior team will start to look at how we can contribute towards achieving Sport England's new strategy – [Uniting the Movement](#) – and determining whether we are eligible for any funding to support Archery GB's vision of enriching lives through archery.

Arran Coggan, Acting Director of Participation, said: "It is an exciting time for the Participation Team, and I am personally looking forward to moving beyond Covid-19 and through the team to add value and leadership to our membership through empowerment, development, and innovation."

[The list of staff and contact details for the Participation Team are available here.](#)

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The development of disability archery has a positive future as Archery GB, the *Worshipful Company of Fletchers* and *Fletchers' Trust* embark on a new initiative for the next four years



Disabled archery funding from the Fletchers



The [Worshipful Company of Fletchers](#) is a long-term supporter of [disability archery](#) and this new programme will continue through to 2024.

There is a need to rebuild the sport following the damage of Covid-19, and archery needs to be far more inclusive than ever before. This initiative will strengthen the partnership between Archery GB and the Worshipful Company of Fletchers. It will ensure the pathway from club- to international events is clear, robust and above all diverse.

Work will focus on four main areas:

- **Participation** – Working to explore the set up and long-term sustainability of archery sessions and support existing clubs and organisations.
- **Training** – Support for the volunteer workforce to recognise good practice and to be welcoming to disabled people. It will include building on the successful adaptive equipment pilot courses.

- **Competition** – Creation of regional inclusive competitions/opportunities, leading into the annual Disability Championships.

- **Classification** – Whilst international classifications can only take place at international events, screenings will take place at the regional inclusive competitions. National classification assessments will take place at the Disability Championships.

Arran Coggan, Archery GB's Acting Director of Participation, said: "Archery GB is extremely indebted to the Worshipful Company of Fletchers, who have been supporting disability archery for a long time. This award will help ensure that access to archery is fair and equal and avoids marginalising disabled archers. These programmes will build on the fantastic work by the sport's many [volunteers](#) who have, over the years, devoted their time to disability archery."

NSPCC launches safeguarding training package for voluntary groups

NSPCC Learning is offering online safeguarding training at a discounted rate for voluntary groups. The training package consists of four courses for one individual at a cost of £95 (usually £120). Whether you're new to safeguarding or require a refresh of your knowledge or skills, this online training package can help. The courses cover a broad range of safeguarding and child protection topics.

The package includes: safe recruitment, recognising and responding to abuse, keeping children and young people safe online, and safely managing online communities. [Sign up for the NSPCC Learning Safeguarding training for voluntary groups.](#)

And don't forget to keep up to date with [Archery GB's Safeguarding and Policy Guidance here](#)

Welfare/Safeguarding Officers can receive safeguarding updates in an instant from Archery GB's Learning Curve platform. It is a closed group, so if you'd like to register with Learning Curve or have access to the group, please contact

📧 karen.hodgkiss@archerygb.org

Online AGM

24 April 2021

Due to the pandemic, Archery GB will once again hold its AGM online only, taking place on Saturday 24 April. Last year we had to postpone the event, usually held in April, to July. We will keep members updated about the proceedings of this year's AGM through our website, social media and e-newsletters.

Range reopening

Clubs will once again open their doors to archers in England on 29 March in line with government guidance. It's the first step on the road to recovery for grassroots sport, and while we anticipate that many archers may have reservations in returning to the range, we know clubs are doing everything possible to keep members safe. Do keep up to date with related news on the Archery GB website, social media channels and e-newsletters

Archery GB is pleased to see outdoor sports facilities, including archery ranges, will be allowed to open from 29 March, following PM Boris Johnson's announcement about the route out of lockdown.

As the national governing body for the sport of archery, we have lobbied for the sport to be one of the first to resume given its socially distanced nature and health benefits.

We will update our guidance for clubs and archers once we receive further detail on the resumption of outdoor sport from DCMS. The date for reopening is subject to conditions related to vaccines, infection rates and new coronavirus variants.

We're also pleased that after-school sports and activities resumed from 8 March as we believe there are strong benefits for young people in trying archery via youth organisations.

- In England, everyone is asked to stay at home. Both indoor and outdoor ranges must close until 29 March. On that date outdoor ranges will be able to open subject to the meeting of certain requirements around the pandemic. Until then, an exemption applies for disabled archers of all ages and volunteers who support them.
- In Northern Ireland lockdown restrictions have been extended until 1 April. The Stormont Executive published its pathway-to-recovery blueprint on 1 March
- In Wales, the lockdown has been extended for three weeks when the government will consider next steps for easing restrictions
- In Scotland, the First Minister has announced a route out of lockdown. Dates for when various restrictions will ease are available here. Scottish Archery will continue to issue guidance around the lifting of restrictions
- In the Isle of Man there is currently a 21-day circuit-breaker lockdown.
- In the Channel Islands, the latest restrictions around sport can be found on the following pages:



- [Guernsey Covid-19 latest](#)
- [Jersey Covid-19 latest](#)

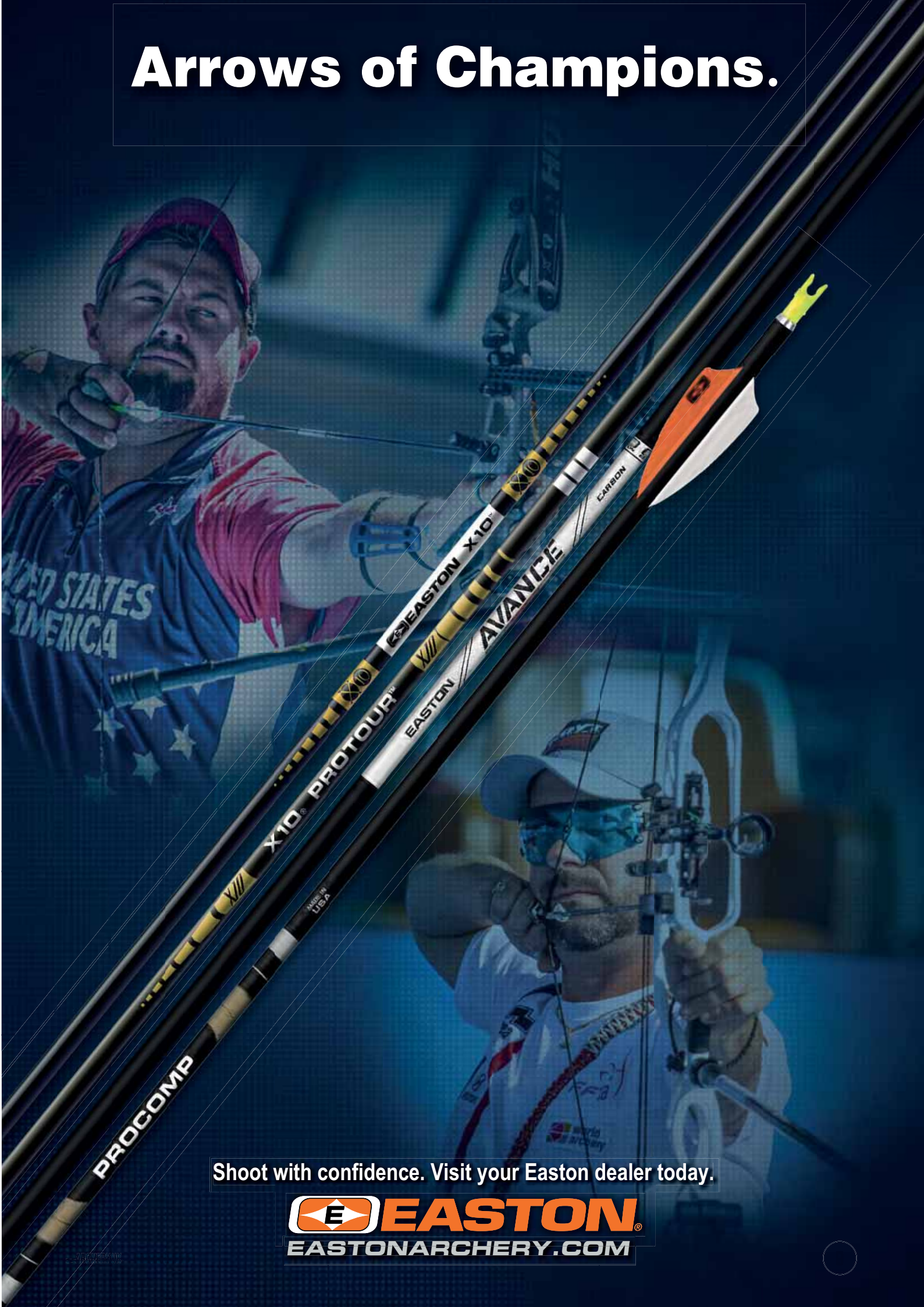
Neil Armitage, CEO of Archery GB, says: "The government clearly faced an extremely difficult decision regarding the timing of reopening the economy and allowing grassroots sports to resume.

"As we said in our lobbying, archery is a sport which, by its very nature, relies on social distancing for safety and an archer can turn up at their club and shoot without coming anywhere near someone from outside their household. In addition, archers and coaches follow an appropriate PPE protocol and all venues have installed track and trace while reducing potential touchpoints.

"Archery clubs cater for the needs of people of all abilities; once fully reopened they can provide a vital facility for disabled archers seeking to reclaim their lives post lockdown. Fundamentally, the benefits of archery are overwhelming so we are delighted we will be allowed to resume outdoor sport from 29 March."



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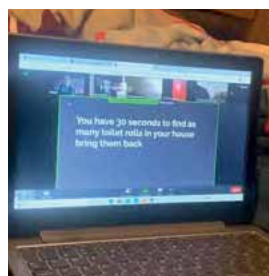
Sinead Byrne is thrilled with her two recent successes: pictured above with her WAOS Athlete Certificate

AGB

Ambassadors

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Squeezing in a quiz



On 6 February, AGB Young Ambassador Sinead Byrne and friends organised a Zoom quiz for Northern Ireland Performance Academy athletes. Ryan Leathem was in charge of setting it up online and organising the questions and scavenger hunt in between rounds. Sinead said: "My role was to try and promote the quiz. The questions appeared to everyone on screen but I also read them out to everyone. After each end, everyone took part in an at-home scavenger hunt, and I took note of everyone's scores for this and also the overall scores for the quiz. Damien Lennon, Talent Pathways Coach for Northern Ireland, also took part – it was good to see our head coach participating. Overall it was great to see well over half the athletes taking part and enjoying themselves."

Rewards for hard work

AGB Young Ambassador and Pathway athlete Sinead Byrne has hit the headlines after winning the Armagh, Banbridge and Craigavon 2020 Junior Sports Award in February. Sinead said: "As with so many others in the sport, the impact of the pandemic on my archery training has been very hard. For me personally, I was so used to my routine of training three to four times per week, with competitions most weekends, which then almost completely stopped. During the lockdowns, I have been trying to maintain my fitness, strength and conditioning levels by exercising in my home gym."

"My local council, Armagh, Banbridge and Craigavon (ABC), have always been very supportive to all athletes whatever their chosen sport. They hold a Junior and Senior sports awards every year for local athletes. The Junior Sports Awards (2020) this year was announced virtually. For this award my coach Damien Lennon nominated me. All nominees had to reside in the ABC council area, be 18 years and under at the time of achievement during the period July 2019 to June 2020, and be involved in a sport whose governing body is recognised by Sport NI, Sport Ireland or UK Sport. My three highest achievements were listed in priority. This has been my third year shortlisted for this award and I was hugely surprised to have won as I was unsuccessful the previous two years. I was absolutely thrilled and shocked to have won the Junior Female Sports Award as there were five other females in my category representing their different sports at high levels. I believe hard work and my determination to better myself at the sport I love so much has definitely paid off, and for any athlete out there I would say: keep trying and believe in yourself."

"Alongside studying for my GCSEs, I also decided to do the World Academy of Sport (WAOS) online course. What I liked about the course was that there was no time limit to complete it and you could do bits of it at a time. The course was made up of different modules such as online bullying, drugs and child protection. The pass rate for each module was 75% or above before you could proceed to the next one. I completed the course on 10 February and got my certificate."

High achievers: Youth Sport Award 2020 winners

The Youth Sport Award (YSA) is a reward and celebration scheme, run by the Youth Sport Trust, which helps young people to evidence their learning, progress and achievement in and through sport and physical activity. It also supports them to demonstrate the impact their involvement in sport has had on their personal development, including leadership skills, health and wellbeing and wider life skills. Targeted at 10-24 year olds, it aims to build positive lifestyle habits and behaviours and empowers young people to take ownership of developing their own skills. There are five different levels of the Award; Go, Bronze, Silver, Gold and Platinum.

Archery GB Ambassadors successfully completed their YSA, and achieved their awards earlier this year. We caught up with a couple of the archers (see the next page) to find out their experiences of undertaking the award.



Archery GB Student Ambassador, Ffion Edgeley – YSA Platinum

It's true that YSA is an empowering experience; you develop an appreciation for everyone who works hard to make clubs run and organises events.

I found the activity part of the award the most challenging; it took a while for me to make a habit of doing a variety of physical activity and the amount I did depended on what I had on that week with university. It was easy to incorporate walking as a part of this through walking around campus, but getting the motivation to go to the gym when it was dark outside was definitely a struggle.

I enjoyed the event section which is exclusive to the Platinum level. For my event, I ran a beginners' course and reflecting on the amount of preparation and long-term commitment it took made me feel really accomplished.

I would definitely encourage others to get involved. It's a good thing to put on your CV and helps you get more involved with your club.

With Covid, my sporting goals are currently on hold and my main goal is to graduate this year and start my master's degree, but I'd love to get out this summer and compete to see everyone that I haven't seen for a little while and have a catch up. Fingers crossed this is possible!

YSA 2020 winners

Rosie Sharpe – Go Award
 Jack Sharpe – Young Ambassador – Bronze Award
 Max Oakley – Young Ambassador – Bronze Award
 Aaron Christie – Young Ambassador – Bronze Award
 Heike Palmer – Young Ambassador – Bronze Award
 Maryam Manjothi – Young Ambassador – Bronze Award
 Thomas Fox – Young Ambassador – Gold
 Ffion Edgeley – Student Ambassador – Platinum
 Laura Wright – Young Ambassador – Platinum

Archery GB congratulates everyone who successfully completed their YSA. Gayle Pink, AGB's Head of Clubs & Communities, said: "Everyone has worked really hard to achieve the awards and the work proves that doing the YSA is a valuable part of the Ambassador Programme. Well done to everyone!"



Archery GB Young Ambassador, Laura Wright – YSA Platinum

Undertaking the award is said to be an empowering experience – can you tell us if that's been true for you, and sum up how it has made a difference?

Yes I would say that the award has been an empowering experience as it has really helped me to improve my confidence and social skills. It has helped me to improve my time management as well as improving my planning skills.

Which aspects of the award did you find most challenging?

I found completing the 200 hours of leadership challenging. I was also focusing on my A-levels and course work and then due to COVID shielding my leadership experience was interrupted. Even though this occurred completing the course helped me to become more organised with what I was doing so I would have time to study and complete as many hours as I could.

Which aspects were the most rewarding and/or fun?

For me the organising an event was the most rewarding for me as it helped me to improve my confidence, as I had to organise jobs for people to do at the event. I also had to speak publicly at our committee meetings which I had no confidence in before stating to award. After planning the event I gained more trust from some of the more senior members of the club which has boosted my confidence as an ambassador.

What would you say to other young people thinking of doing the award?

I would say that they need to make sure they have enough time to dedicate to the award in order to complete the targets. Even though some of the award is hard, I believe it is very rewarding once completed.

Do you have any other sporting goals and ambitions?

Once I am able to return to archery, I want to focus on improving skills to my previous level and then to surpass this level moving forward.

Singing the praises

There are many people in the sport quietly achieving great things, and we'd like to acknowledge the effort they put into making archery such a great experience for others. This time, we meet Roy Samples and Gaynor Hutchison



Roy Samples, Secretary and Coach at Burscough Archers

Roy Samples, a member of Burscough Archers since 2012, is first and foremost "a total gentleman in every sense of the word", according to Rod Flanagan, the club's Press Officer. Rod added: "If we only considered the time Roy contributes to the club, he would absolutely deserve the 'star' accolade. The way in which he deploys his time is what really makes the difference."

Club Secretary

Roy only took the Club Secretary role in 2013 because "no one else wanted the job and the club was struggling". He has guided the more impetuous members of the committee with thoughtful and constructive interventions that ensure the continued success, and in some cases, survival of the club. Ever practical, Roy has excellent judgement about what can and can't be achieved in the running of the club. Having said that, Roy insists that his work as the Secretary is only possible with the backing of the committee and all the members.

In 2015, Roy was instrumental in taking the range onto a 24/7 status (previously Burscough Archers could shoot only at the weekends and two evenings a week). During the pandemic, Roy has taken on the arduous task of writing and then ensuring every member understands the rules of shooting and the risk assessment. He also set up an online booking system to help restrict the number of members at the range at any one time, and has been ready to assist with track and trace steps should the need arise.

Coach

Roy qualified as a coach in 2014 so that he could help with beginners' courses, having recognised that the courses were the only way to grow the club. At the time, the coaching team, led by the current Club Chairman, Kevin Green, as always had their work cut out delivering the courses on a weekly basis through the summer, and Roy's input was very welcome.

Roy gives his time to beginners' course participants and members, both new and established, in a highly supportive, non-critical way and guides archers into thinking for themselves. He is also a regular contributor to the Tech Briefings that the club delivers to members during the winter.

Publicist

Roy is adept at writing articles, some of which have appeared in Archery UK – most recently a piece on barebow shooting in the Summer 2020 issue. He has also helped maintain the club membership throughout the pandemic. Roy said: "We have maintained 93% of our membership this year, which is way above the average for sports clubs. This retention rate was largely because we reduced our club fees to reflect the months we had no shooting. We've always been prudent with our finances which has put us in good stead through the pandemic and we are still in a reasonably good position."

Rod Flanagan concluded: "It's difficult to imagine Burscough Archers without the huge contribution to the club that Roy makes, as a highly-effective Club Secretary, as a superb coach and, simply as a member."

Gaynor Hutchison, Senior Coach at Aim4Sport

Words by Helen Sharpe

Gaynor Hutchison (pictured below and opposite) is well known in sport, having coached gymnastics, trampolining and badminton among other things, before she found her way into archery coaching. She has mentored young archers for more than two decades at Aim4Sport in Bedfordshire, together with her partner Dave Leader, helping the next generation reach their medal-winning potential (turn to page 48 to read our feature about the National Talent Development Programme). Gaynor considers herself lucky to have



supported athletes and coaches with their various achievements – which range from seeing a beginner achieve their first badge or enter their first competition, to her involvement in the 2000 Sydney Olympics and success of the GB juniors in European competitions.

She said: "I am very proud of the work I've done at Aim4Sport and being asked to lead the first Pathway satellite site outside of Lilleshall. It's been a joy to see the success of the junior athletes progressing along the Pathway. It's rewarding just to be part of the junior club sessions where the noise and laughter prove the enjoyment of those taking part."

Gaynor's abilities as an aerobics instructor saw her being asked to help with the fitness and strength side of training for county archers, which then led to a further invitation to visit Lilleshall to look at the fitness of the elite archers on the Olympic squad. She still remembers her initial anxiety about the latter, wondering what she had to offer a team that had been concentrating on simply shooting!

In light of family commitments, Gaynor has recently had to readjust her work-life balance. However, the impact of the pandemic has led to coaching sessions being delivered online, allowing Gaynor to continue to successfully contribute to the sport while managing other commitments. True to form, Gaynor continues to develop her skills as a coach and can't wait to put them into practice at the end of lockdown.

If you know an unsung hero whose achievements we should share, let us know: magazine@archerygb.org



Fun for the holidays!

We're all used to staying at home for our holidays and if you need some inspiration for your Easter break, read on!

Last year, Archery GB worked with the [School Games](#) to create activity cards that help develop children's coordination, focus and patience – some of the important skills and techniques used in archery. They're simple exercises that can be done indoors or outside, if you can brave the recent cold weather!

Hit the Gold

Improve your aim (and your mental arithmetic) with this [fun throwing game](#). It's harder than it looks!

[Watch Samantha, our Archery GB academy athlete, show you how it's done!](#)

Bucket Challenge

This ball game really tests your aiming skills. It'll develop your sense of distance, and show how patience and persistence can really pay off.

[Watch Samantha, our Archery GB academy athlete, show you how it's done!](#)



Record your success and see how others did!

Upload a video of your challenge to the [Topya 2020-2021 School Games Active Championships](#) website. The School Games Active Championships is a national activity campaign to help young people across the UK stay active using the video-based platform powered by TopYa. Users will access a video library of challenges



with new ones being released every week. Remember to keep up to date with activities through social media using the hashtag: **#StayInWorkOut**

Back to school

For the teachers out there, archery is part of the [School Games](#), which is funded by [Sport England](#) National Lottery funding and delivered by the Youth Sport Trust. Visit the [archery page of the School Games website](#) for more information, including some downloadable archery team challenge ideas, ready for when conditions allow.

With thanks Archery GB's Pathway Coach Vlada Priestman who devised these activities. If you have any ideas for archery-related fun games and activities that kids can do at home with no archery equipment, please email us at magazine@archerygb.org



ArcherySuccess.com



RETURN TO COMPETITION 2021

This is the Archery GB proposed plan for a safe return to competitions for 2021. The guidance will take into consideration the various home nation roadmaps to reducing Covid-19 restrictions. However, it will be implemented through four steps that broadly match the England roadmap

Key dates and proposals

Dates have to stay in line with the government's dates and steps 1-4, which may change.

Step 1 March 29 – April 11.

Members to shoot at own clubs, no competitions to run in this period in line with the government's request to keep travel local.

Step 2 April 12 – May 16.

This period is still under government restrictions of 'please keep travel to minimum', and hotels are not officially open for general use. Under this guidance, UKRS one-day competitions can run, but attendance should only be from regionally-based competitors. For a national event to run it MUST be of high importance and deemed necessary (e.g. for GB team selection or pilot events for testing precautions and measures). Field competitions are free to run in a one-day format only, with priority to local entries of those seeking team selection scores.

Step 3 May 17 – June 20.

Competitions are able to be run with WRS but all AGB guidelines must be observed and followed.

Step 4 June 21

Competitions to run with reduced guidelines. More details to follow once government guidelines are published.

National competitions

These are planned to start once restrictions are at Step 3.

- **The British Field, 3D Championships and JNOC** will run in one-day formats, with social distance restrictions.
- **The Youth Festival, British Target Championships and UK Masters** are currently being planned to run in their normal formats. This may change.
- **The UK Masters** has been moved back to September 25/26 to give everyone a fair chance at qualification for the event. All those invited to 2020 will be invited for 2021.
- **The National County Team Championships** will not run in 2021. We will bring this event back in 2022 and it will be held on the weekend of 24/25 September 2022; this later date will give counties more time to select their athletes.
- **GB Rankings** will start from June 21 in line with Step 4.
- Numbers of entries at events will be monitored, to see if the rankings are working fairly.
- National Tour standings will be taken from Tier 1 and Tier 2+ events only to decide the line-up for September's finals.

Calendar of national events for 2021

(Subject to change depending on restrictions)



UK 3D Championships

Date: May 15/16
Venue: Pentref
Entry Open: 3 April
Notes: 1 day per discipline, restricted numbers

British Field Championships

Date: May 29/30
Venue: Overton
Entry Open: Fully booked
Notes: Red peg Saturday
Blue peg Sunday

Jnr National Championships

Date: July 3/4
Venue: Lilleshall
Entry Open: May 20
Notes: Bristol rounds only.
One day format

Youth Festival

Date: July 26-30
Venue: Lilleshall
Entry Open: June 10
Notes: Normal format to run if in Step 4

UK WA Age Group Masters Championships (Over 50s)

Date: August 1
Venue: Wallingford Castle
Entry Open: May 20
Notes: New event for all over 50s, a WA discipline

British Target Championships

Date: August 7-8
Venue: Lilleshall
Entry Open: June 24
Notes: Normal format to run if in Step 4

GNAM

Date: August 21-23
Venue: Lilleshall
Entry Open: June 24
Notes: New date.
New rounds for youth archers

Disability Championships

Date: September 11
Venue: Lilleshall
Entry Open: July 8
Notes: Open to any member with a disability. Novice round to be included

Junior UK Masters

Date: September 18
Venue: Deer Park Archers
Entry Open: July 8
Notes: New date - time for people to qualify. 2019 JMBs to be invited (subject to current age group)

The UK Masters

Date: September 25/26
Venue: Lilleshall
Entry Open: July 15
Notes: New date - time for people to qualify. 2019 MBs to be invited

National Clout

Date: October 16
Venue: York
Entry Open: July via post
Notes: Should run as per normal

National Indoor Weekend

Date: December 4/5
Venue: TBC
Entry Open: October 1
Notes: We need to wait and find out about possible restrictions.

Tier 1 events for National Tour

(All formats and dates subject to change with Covid-19 restrictions)



Bucks or Bounty

Date: June 26/27
Venue: Lilleshall
Entry Open: May 17
Notes: Saturday Recurve
Sunday Compound

Surrey Archery Weekend

Date: July 10-11
Venue: Tolworth
Entry Open: May 17
Notes: If Step 4, a double stage;
if not Step 4, Recurve Saturday,
Compound Sunday

To be confirmed

Date: July 17/18
Venue: TBC
Entry Open: May 24
Notes: Saturday Compound
Sunday Recurve

To be confirmed

Date: August 14/15
Venue: TBC
Entry Open: June 17
Notes: Saturday Compound
Sunday Recurve

British Target Champs

This will be a Tier 1 event. See details on opposite page.

National Tour Finals

Date: Early September
Venue: TBC
Notes: Saturday Compound
Sunday Recurve



CLUB ROUND UP

Send us your club news  magazine@archerygb.org

Read all about it!

Young archer Rose Sharpe has recently taken on the editorship of her county's newsletter. Her mum Helen, said: "Rose is the new NCAS (Northants) Junior Representative, taking over from her brother, Jack. She wanted to find ways to better engage with juniors and came up with the idea of a newsletter as a way for young archers to share their opinions. It will be checked over by the County Safeguarding Officer and posted to juniors by good old fashioned Royal Mail."

Rose said: "I am a shy person but feel it's important that juniors have someone they can share their ideas and thoughts with, and have someone who will pass that on to the County for them."

"I know from talking to juniors at training and competitions that messages don't always get passed on as the adults receive emails but maybe then are busy and forget to pass them on. I thought



a newsletter that I could post out would mean that the juniors would get the message and many seem quite pleased at the idea of some actual post on the doormat to look forward to. My first letter was sent out before the end of February and I am excited to see what kind of response it receives. For those who don't want to receive it in the post, it will still be sent out by email and put on the County website."



ROBIN HOODS



Stephen Hand



Here's Stephen Hand of Lough

Cuan Bowmen after Robin Hooding his own arrow at a club training day last year at Clandeboye Estate.



Chris Langley



Chris Langley did himself

proud at his first shoot with the Bridlington Bay Archers in December, shooting his first Robin Hood!

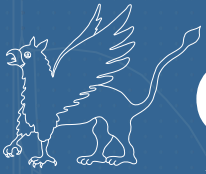


Community spirit at its best in the SW

Just before Christmas, Exmouth and Budleigh's sporting community came together to help those in need. Members from various clubs across East Devon had collected food and other items for distribution at Raleigh Park, to donate to the Exmouth Community Larder.

Steve Glover from Exmouth Archers, said: "We had an absolutely incredible response, which will be very much appreciated by each and every family who was able to enjoy Christmas with their families that little bit more."

Thank you: Withycombe RFC; Exmouth RFC; Brixington Blues FC; Exmouth Town FC; Exmouth United FC; Exmouth Amateur Boxing Club; Exmouth Netball; Madeira Bowling Club; Exmouth Archers; Exmouth Cricket Club; Exmouth Gig Club; Comets Netball; Replay Netball; Budleigh Salterton Cricket.

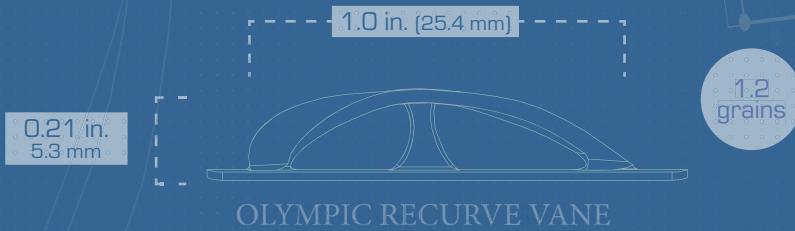


GRIFFIN

More time shooting, less time re-fletching

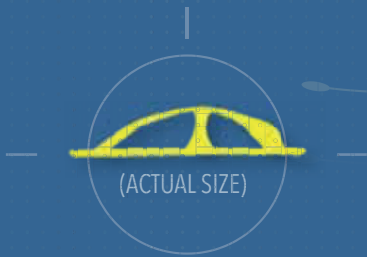
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Although Big Weekend plans are usually well underway before Christmas, this year all of us are looking forward to when we can restart club shooting as the first priority, including those who could not shoot much in 2020.

Therefore, the focus this May will be on a 'Big Reopening' weekend. We invite all clubs to plan to take part over the weekend 7-9 May. Choose from a package of ideas and activities coming soon, all aimed at re-engaging the whole of the club: the most regular archers, beginners who didn't have a chance to start shooting, all your juniors, people who have been shielding, and everyone else!

Activities suggested range from an online quiz, to in-person socials (still socially distanced), to open shooting - details of which will all need to comply with the guidance at that time, for your area. Choose the activities right for your club, and sign up to let us know what you have planned. Afterwards, please let us know how the weekend has gone and send in your photos.

We then have pushed the Big Weekend back to 9-11 July, just before most of the schools finish, and the Olympic and Paralympic Games take place. The 'Big Week' will be the week before the Big Weekend, with a focus on archery in new places such as outdoor activity locations, and in schools for example.



Life membership for two Assheton Bowmen

On 6 December 2020 at the Annual General Meeting of Assheton Bowmen, both Bill Campbell and Peter Carr were nominated for the position of life members of the club, in recognition of their many years of unstinting service to Assheton Bowmen. This, to say the least, is a very great honour to bestow on a member and has only been given three times in 11 years. Neither member was aware of their nomination and both were 'completely overwhelmed' by the kind thoughts that were generously bestowed on them. Due to the pandemic, the Chairman was unable to hold the presentation and therefore in his absence the certificates were kindly presented by Bob Wilde.



More details on the Big Week and the Big Weekend will follow as things become clearer.

You may wish to just save the date for now:

The Big Reopening 7-9 May '21

The Big Week 5-9 July '21

followed by...

The Big Weekend 9-11 July '21



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IN THE COMMUNITY

Olympic and Paralympic squad archers help Whitley Bay Explorer Scouts with their shooting skills



Lincolnshire soft archery project for disabled people

Louth and District Disabled Archery Club (LADDAC) is a small rural club in Lincolnshire that was formed circa 1997 by a small group of archers, many of whom had a degree of disability and wanted to participate in the sport in a social atmosphere. With the passage of time and the turnover of membership gaining a more focused interest in the sport, the club has developed into a great inclusive sport provider.

At its core are a team of coaches and volunteers that work closely in partnership with Active Lincolnshire, Lincolnshire County Archery Society and Archery GB. The aim is to continue the club's mission to enhance the archery experience for current participants and deliver opportunities for people (over seven years old) of all abilities (non-disabled and disabled and people with vision impairment) to take part in archery, and also develop and improve their skills, also enabling them to compete in the sport.

After the disappointments of 2020's cancellations and postponements to the sporting calendar, LADDAC committee is determined to restart with a concerted effort to maintain the membership's involvement in the sport and encourage recruitment of new members. Rick Smith, LADDAC Chairman and Coach, said: "Apart from continuing with our development programme for competitive archers, running beginners' courses, encouraging the novice archers, and organising the social side

of the club, it was agreed to increase the involvement with our 'Active Partnership' partner, Active Lincolnshire. An agreement was made to set up 'soft archery' sessions, under the 'Tackling Inequalities' programme for a local disabilities activity provider, in an effort to increase sports participation of the community's non-active people."

However, the various Covid restrictions has meant that the project has been delayed, but the equipment has been purchased in readiness, the necessary Covid protection procedures confirmed for implementation, and Archery GB's permission to proceed in the garden grounds of Virginia House at Louth (The Disabilities Activity Provider's location) has been granted, so LADDAC is primed and ready to go!

Rick Smith, along with his son Richard, who is a user of the Virginia House facility, had the opportunity to trial the soft archery equipment (see above photo) to assess its effective range and prepare Richard junior for his role as a buddy/demonstrator, working with the activity provider's users.

Olympic and Paralympic archery squad athletes shared their experiences in sport with the Whitley Bay Explorers Scout group to help them improve their game.

The Scouts chatted to Paralympic squad archers Jamie Harris and Phoebe Pine, and the Olympic squad's Tom Barber, on a Zoom call last month.

Paul Grange, an archery instructor for the Whitley Bay Explorer Scouts, initially got in touch with the elite archers as he was concerned that after many months away from the sport, the Scouts, aged 14-18, needed inspiration to help keep them motivated. He asked the athletes if they could share their experience of archery and where it had taken them, competition highlights, tips and tricks, and the general benefits of archery.

Paul said: "We usually have a group of around 10 Explorers participating in archery as a weekly activity, and we're keen to help them become archery leaders and share the sport with the younger Scout sections, including Beavers (6-8 yr olds) Cubs (8-10 yr olds) and Scouts (10-14 yr olds). We were especially keen to hear any advice that could help us beat the neighbouring Explorer Scout district – we are a little competitive!"

Paralympic squad archer, Phoebe Pine (pictured above), said: "The Scouts were very interested in what we had to say and the stories we shared, asking lots of questions, and it was very rewarding to be able to share our achievements and see their interest of the topic come through. I talked about my role in the sport and my goals, alongside giving them tips on how to improve – I really hope we inspired some of them!"



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Global connections

Competition idea successfully travels from Morecambe Bay to the Kingdom of Saudi Arabia

Lockdown restrictions have led to some innovative ways for archers to compete. Nye O'Neil of Morecambe Bay Archers, said: "With the pandemic rightly stopping indoor competitions last autumn, we took it on ourselves to put together a Portsmouth league (with thanks to the Scott family for their help with this) that people could shoot indoors or outdoors, depending on what facilities clubs had available for shooting.

"The format was that people submitted their best Portsmouth round score each month, which went into the monthly competition and then the league section; the cumulative totals of all the months. The prizes were digital certificates that people could print out. We did this so that there wouldn't be any costs for entry. The certificates were awarded on a month by month basis: top three per category in November, December etc., and then the top three in the final league standings."

There were also prizes within each category for archers who had the highest score increase across the league, also highlighting those with PBs on the results sheet. Nye said: "Unfortunately there were no prizes for PBs, but it was important to us to recognise when archers have shot well. For each category, we also made a novice section available for archers with less than two years' experience."

The competition was publicised through the Cumbria Archery Association and Northern Counties, as well as on their respective Facebook groups. Nye said:



The Scott family of Morecambe Bay Archers



Archers from the Kingdom of Saudi Arabia.

"We were really lucky in getting a good few entries from Cumbria, Yorkshire and Lancashire – especially Assheton Bowmen. A big thank you to Terry Finnegan there! It turned out Paul Roberts had seen it in the Lancashire Facebook group too, having been a Lancashire County Coach before taking on his position as National Teams Head Coach in Saudi Arabia. Paul was looking for opportunities for his archers to get some competition experience."

Paul said: "I'm originally from Darwen in Lancashire and used to be Head Coach for both Lancashire Juniors and Senior squads in the UK. I have been coaching in Saudi Arabia for nearly two years. The hospitality, atmosphere and the excitement to develop archery technique here is fantastic.

"The sport of archery is relatively new in Saudi Arabia, and is growing at a steady pace. Female archers have only been practising the sport for approximately two years.

"I needed to step up the challenge in a more dynamic way to allow some of the archers to compete and test their skills against others, so the Morecambe event appealed to me as a coach. It was a friendly, pressured fun challenge as we get little opportunity to shoot indoors, especially with the added problem of the pandemic. As I stay in contact with my home and county through social media, I saw Morecambe Bay's advert, so asked if we could take part. The general consensus



was that the competition provided an amazing way for team members to develop their skills. We would all like to thank the organisers for the warmth we have felt across the sea from the UK indoor league."

And the Saudi Arabia squad said:

Rashed said he had enjoyed the competition as it supported archers' passion for the sport.

Nawaf and Abdularahman who are just breaking into the senior squad, said: "We loved it, we want more! It allowed us to practice in a simulated situation to help support the pressure side of tournaments, not just shooting against our colleagues."

Turki said the event helped identify typical issues that can pop up during a tournament that could then be worked on in training going forward, ultimately making them better athletes.

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Ballyvally Archers Banbridge

Prize Night

Friday 29 January saw the Ballyvally Archers scoop their awards in a host of categories at the club's annual prize night ceremony, held online



Archers who took first place in their respectable categories were as follows:

Emma Webster, Ashton Kelly, Scarlet Dodds, Grace McCourt, John Shannon, Katie Jennings

Harry Kearney, Kathryn Morton, Luke Wheeler, Marion Patterson, Kay Kelly

Paul Moore, George Moore, Cara Sinnamon, Bailey Kelly, Matthew McCourt, Romaine Mehaffey, Orla O'Connor and Frank Mulligan

Awards for the **Most Improved Archers** went to: Leanna Byrne, Jensen Bell, Lydia Trimble, Zack Kelly, Alana Trimble, Matthew McCourt, Sienna Foster, Noah

Doyle, Patricia McLean and David Dodds, while – and based on their attitude during training and performance at competitions – Bella Ingram, Ashton Kelly, Caitlin Topping, Ethan McKinney, Rachel Whelan, Andrew Harron, Sienna Foster and Luke Wheeler were all recognised as being the club's **Most Promising Junior Archers** of 2020.

Ethan McKinney, Cian Whelan and Zak Sinnamon all received awards for showing the most dedication and determination not only at competitive events but also consistently at club practices.

Chloe McCabe, Ciaran Campbell, Lisa McCourt and Scott King, received awards for the **Best New Archers** having developed great shooting styles.

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Each month an archer is recognised for a particular achievement, whether it be a personal best score or breaking a national record. The winners of this award for 2020 were: Romaine Mehaffey, Sinead Byrne, Jake Walsh, Kathryn Morton, Tom Williamson, Orla O'Connor, Mark Nesbitt, Dean Hamilton and Matthew Ingram.

2020 saw the **Team Award** go to the BAB Judges (Shannon Russell-Cowan, Bernie Scullion, Caoimhe Heaney, John Gibson, Marty McCullough and Eddie McClean), while the **Individual Club Persons of the Year** trophies went to Aidan Heaney, Kathryn Morton, Robert McCreery, Caoimhe Heaney, Suzie Parry, Marion Patterson, Graham Patterson, Bernie Scullion and Marty McCullough to recognise all of the time and effort these club members offered in order to keep the club open, enabling members to continue to enjoy the sport throughout the year.

There were also a number of individual trophies awarded to archers for their impressive

shooting achievements and progression made during training, with the recipients of each trophy as follows: Sinead Byrne (Darren Campbell Memorial Award), Matthew McCourt (Phil Gordon Bursary Award), Noah Doyle (The Russell Trophy), Rachel Whelan (Robin Hood Award) and Kim Pegrum (The Bicker Shield). This year, **The Pat Mulligan Award** went to Shannon Russell-Cowan for her incredible work as a coach, especially with the junior archers. Shannon is described by club members as 'second to none'. As well as this Shannon helps out behind the scenes as the club's equipment officer and as member of the various work parties involved in the design and set-up of field courses. She was also recognised for her role as an International Youth Judge, being the recipient of the Sport Maker NI Young Technical Official Award in 2020.

It has been a successful year of archery for the Ingram family, with the **Indoor Family Team Award** being won by mum Gail and daughter



Bella, who have both shot admirably and consistently through the year, indoors and also at outdoor practice and competitions. Matthew, Bella and Gail are one of the club's families who contribute to the family-friendly and positive atmosphere of the club. It is

therefore no surprise that this year, the **'Spirit of the Club'** was awarded to Matthew Ingram, and very well deserved too, as this young archer is not only an amazing older brother but has also been described as a 'great role model' to other archers.

Many congratulations to all!

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Deer Park Archers' road to recovery

For some clubs, the pandemic has been a catalyst for change, and Deer Park Archers has focused on positive opportunities that have been created despite the negative impact of the ongoing crisis

At the outset of the pandemic, Deer Park's Management Committee recognised the need to keep their 200+ members fully engaged. The need to ensure the maintenance and sustainability of facilities was planned for, and the need to increase their practice session capacity to include all year round, fully accessible outdoor facilities was treated as a priority.

The club was in the process of saving to buy additional land to improve its field course, however it had to make the decision to use most of that money to install floodlighting and surface protection in-front of its covered shooting area and along the length of the main range shooting line. They did secure a grant and commercial sponsorship to help with the investment and mobilised their volunteer workforce to minimise labour costs as that became their major focus.

The Covid crisis reduced their indoor facilities, certainly for this winter, from four venues to two, so provision of these

additional outdoor facilities was seen as crucial. The results of this foresight fully justified the decision to make the investment, the annual membership renewal figures even produced a small increase in membership numbers from the corresponding time a year ago! The biggest change was in the practice session bookings under floodlights with that facility becoming far more popular than their indoor venues (and far cheaper to operate!). Outdoor shooting on the main range with the surface protection in place and permanently-marked lanes and wheeled bosses has also increased significantly in usage. The greatly reduced capacity of the indoor practice facilities proved not to be a problem, as most people were far more comfortable shooting outdoors.

Crowdfunding

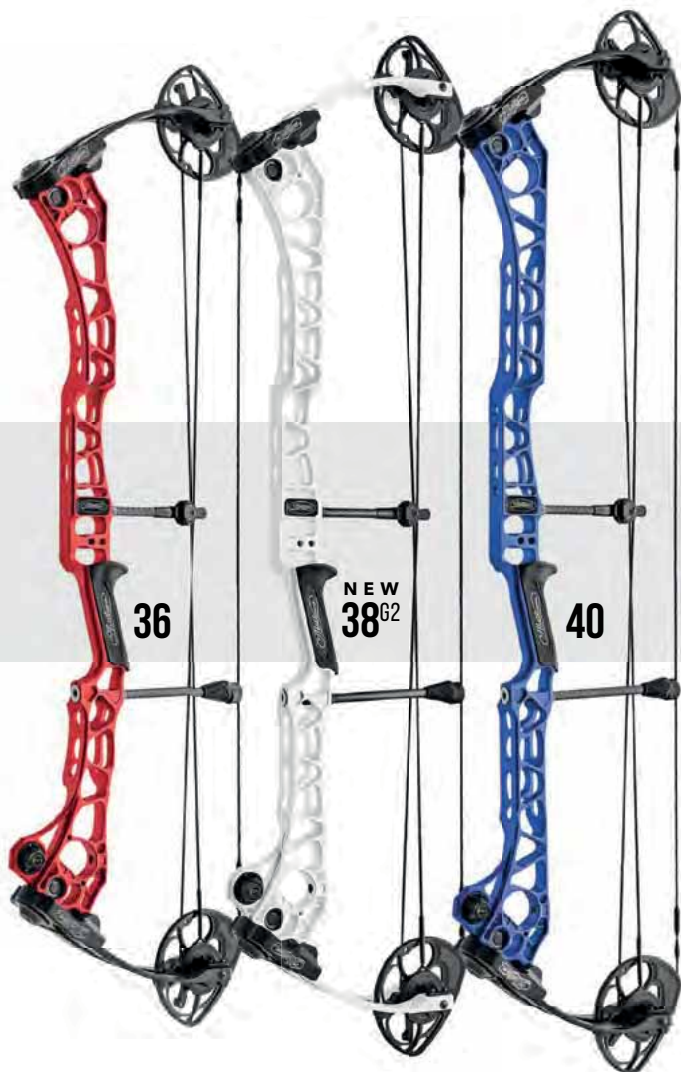
However, within days of committing to transferring their funding to the floodlights and all-weather surfaces, the club was

tasked to finalise the purchase of the additional field course land. The opportunity could not be missed so a plan was needed urgently. The club recognised that grant application opportunities were mostly focused on the fall-out from the crisis, so it was recognised that this source of funding support was [CONTINUES OVERLEAF >>](#)



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unlikely. The decision was made to launch a Crowdfunder project, something new to the club. Attendance at workshops was arranged offering guidance and with good advice from Sport England the project was launched in December, despite the environment being extremely difficult.

A base target of £10k and a stretch target of £20k were agreed and just six weeks later they had achieved £18,500. Thanks to a late donation from Sovereign Housing who were signposted by the Crowdfunder Programme to the project, the club actually exceeded their £20k target! Deer Park's role in the community and its interaction with local businesses stimulated almost two thirds of the funds generated from sources outside of the club, which Roger Crang, the club's Development Director, notes is "amazing".

This money has supported the club to help purchase the land and they will install some pathways to parts of the course to facilitate fully accessible areas and to take a number of actions to improve their environment, including tree planting, landscaping and the installation of badger proof fencing for the main range.

Recognising the desire of members to use outdoor spaces, the club has significantly increased its levels of field course participation, increased participation of their volunteer workforce and the development of their environmental activities.

These successes have inevitably highlighted further requirements and opportunities for development, so work has already begun to evaluate the viability of installing a large barn to provide an entirely



At a time when it is so easy to be consumed by all the negativity surrounding our lives, our sport and our clubs, there are positives to be found and opportunities presented.

covered shooting area as the priority for 2021, and preparation for this winter's indoor season.

Unexpected benefits

A combination of remaining as active as possible in what Deer Park can offer members, and a proactive approach to seeking external support has produced a number of additional benefits:

- Longest beginners' course waiting list the club has ever had.
- Securing a number of further grants including one to purchase a new line marker to maintain their Covid-safe range layout and booking system.
- Secured a grant to increase the number of complete bow/kits that is lent free of charge to new members joining the club.
- A huge increase in members using the club's field course.
- Growth in members opting to pay monthly target fee standing orders rather than pay-as-you-go.
- Ability to support other club's members practicing at their ground.
- Ran a volunteer maintenance weekend and opened up an online booking


system. We ensured all rules were followed and set about cutting more than 400m of hedging to comply with local planning regulations, removing all waste. Roger said: "All the bookable slots were soon filled and our hedge now looks amazing thanks to everyone's hard work. The power of volunteering!"

The impact on archery competitions has been enormous for many of Deer Park's members as the club has been able to run numerous target days on the field course and target range. Most importantly, to continue to meet, retain club identity and use the archery and recreation facilities has supported the mental and physical wellbeing of members at this most difficult of times.

Roger concluded: "At a time when it is so easy to be consumed by all the negativity surrounding our lives, our sport and our clubs, there are positives to be found and opportunities presented. Capitalising on these and appreciating the positives is certainly the way to go!"

For more information visit www.deerparkarchers.co.uk






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Innovators set to revolutionise archery with a custom-built digital platform

Leading UK sports innovation experts have developed a new digital platform with archers in mind

A NEW APP, named 'Archer's Toolbox', has been developed in partnership with Bedfordshire archery training centre, Aim4Sport and leading mobile-first digital agency Apadmi, to provide an enhanced experience for archers.

The app has been designed to streamline the submission of scores, saving clubs hundreds of pounds each year in printing costs, whilst allowing archers to track their progress in one place.

Since its launch on the App Store and Google Play, the app has been downloaded hundreds of times and is being dubbed the new 'digital face for archery', set to boost the return of the competitive sport once the lockdown restrictions ease.

Dave Leader, from UK retailer and training centre Aim4Sport, commented: "Since this start of this journey, almost five years ago, I've always been motivated by the need for easier score tracking and driving digital innovation within the sport. Now that the app is live we're keen to keep on developing based on user feedback, so that the platform continues to evolve to suit the growing requirements of archers. We're really excited to see its progression."

Leader, who is a Senior Coach and Archery GB Coach Developer, created Archer's Toolbox in partnership with digital agency, Apadmi, whose CEO Garry Partington is the County Coaching Organiser at Lancashire Archery Association.

As an archery enthusiast himself, Garry added: "Archer's Toolbox makes the process of submitting scores simple, Covid-safe, data-secure and will save clubs hundreds of pounds each year.

"We know how tough each lockdown has been for everyone involved in the sport, and we're hoping that by giving clubs this free tool, they can recoup some of the money that they may have lost so far this season – and offer a new way forward when the sport restarts."

Archer's Toolbox includes a free online portal for clubs and record officers to view submitted scores in-club and an app for archers to download for entering and submitting scores as well as checking round stats.

Find out more about Archer's Toolbox on their social media: Facebook, Twitter & Instagram.

To get your free online portal please email: clubs@archerstoolbox.com

Obituaries



Ken Ward

We are sorry to announce that Ken Ward has passed away after recent illness. Dave Hunt, coach at Archers of Bridlington and Burton Agnes, said: "Ken, a master bowyer, was a big character at the club, but always had time for everyone. He was well known around the Yorkshire area, and I am sure you would all like to join the club in sending condolences to his family. You will be greatly missed, Ken. RIP."



Tony Ikel

Tony Ikel passed away in January 2021. Tony started archery in 1987 after a have-a-go at Pontins with his two sons.

Sandie Baigent

Sandie Baigent, a long standing member of the Sway Bowmen Archery community, died on 29 September after a period of failing health. Thankfully, her last few days were spent comfortably and her passing was peaceful and quick.

Sandie had been a club member at Sway for more than 20 years and during that time she was a great supporter of the club. She was friendly, competitive and a huge supporter of beginners into the club – always welcoming those new to archery.

As a long standing committee member and press officer for the club, Sandie was instrumental in ensuring that the club's activities always had regular coverage in



David Lane

David Lane (BSc. ARCS. FIET. CEng) passed away in December. David is famed in archery circles as being 'The father of the Handicap Tables' although he didn't discover the sport until later in life. David took the Higher Schools Certificate Exam in 1943 and won a state bursary of £100 per year to study Special Mathematics at Imperial College London. Because of wartime, the three-year course was reduced to two without any reduction of content but with an additional course on radio technology, so that if the students failed to graduate they could go straight to the RAF as radar operators.

After graduation, David was directed to work as a Junior Scientific Officer in the Ministry of Aircraft Production Headquarters in London. When the war finished, he became a Junior Scientific Officer at a Ministry of Defence establishment.

David's first contact with archery came about when his son, Jonathan, started shooting. Applying his mathematical brain passionately to the sport led to David producing several instructional articles on bow tuning and sight adjustment, and his aptitude for the sport also helped his son's competitive



successes in the 1970-80s.

David's other achievements include founding the Bowmen of Burleigh club as 'a spin off' from the Bowmen of Warfield; involvement with coaching the national squad; and the creation of the British Archery Handicap Tables.

David remained his typically bright and cheerful self through to the end of November, when he was admitted to hospital and died peacefully. We are thankful for his contribution to the sport.

He joined West Essex Bowmen where he did a beginners' course soon followed by sons John and Robin, and later joined Oakfield Archers, a club much closer to home.

In 1989 Tony became Team Manager of Redbridge Archery at the London Youth Games, a post he held for 30 years and Redbridge became a team that was difficult to beat. Tony soon became interested in coaching, working his way up to Senior Coach/Level 4 and over the years coached many archers from lots of clubs. For some years he coached wheelchair archers at Stoke Mandeville Hospital, which he really enjoyed.

Tony also got interested in judging and eventually qualified as a National Judge. While shooting at the Malta FITA Star, he was asked if he would like to be a judge the

following year. Of course he said yes and continued doing so for 15 years.

Unfortunately, Tony was diagnosed with cancer of the larynx in 2003 and a total laryngectomy in 2004 left him with no voice – he was unable to blow his judge's whistle. Undaunted, he learned oesophageal speech and bought a battery-operated 'whistle' (which was meant to go on a motorbike). He later bought a more sophisticated version.

As if this wasn't enough to cope with, Tony developed Parkinson's disease, so had to first give up field judging and then retire from it altogether when SCAS appointed him Judge Emeritus. Last year, Tony was diagnosed with a tumour and he was later moved into a nursing home, where he died. He will be greatly missed.



Sandie will be much missed by her family – not just by her husband Robin and her family, but by her archery family as well.

local newspapers and for keeping the club's profile and the sport active in the New Forest area. Her press activities have in no small part always ensured a steady stream of beginners to the club.

Sandie was a longbow archer, 'the bent stick brigade', and she loved the camaraderie of that select band of archers within the club and the sport. Sandie was a tournament-goer and a regular on the south coast circuit, with many trophies to show for her skills. She introduced her son, Chris, to the sport, who started at Sway Bowmen and has become an outstanding archer and now juggles family life with shooting and his career in boatbuilding. Sandie revelled in and had great pride in his achievements.

ARCHERY GB ONLINE TRAINING



Photo by J. Kelly Brito on Unsplash)

Spring webinars

Love learning? Stay motivated for the return to the range with Archery GB's springtime training webinars. Our webinar programme also provides the chance to hear updates and ideas, share examples of good practice, and network with other club volunteers or members. There are still a few webinars left in March, so be quick if you want to attend! See the [complete spring programme guide](#) through to May here.

Health and fitness training

Don't miss our online physical exercise routines! You can catch these workouts on our Facebook page each week, and in our YouTube archive. [Mobility Monday](#) focuses on stretching exercises that help keep you supple, and [Workout Wednesday](#) is more energetic, giving the whole body a complete workout. These exercises can be done anywhere, and are hosted by some of our elite athletes and partners.

Empowering Archery workshops

Empowering Archery™ focuses on how to optimise people's experiences of archery and help them achieve their goals. The workshop is for anyone involved in coaching, running a club, and officiating, as well as for parents of young archers and those thinking of taking up a role in archery. Delivered in partnership with the University of Birmingham, its major strength is that the content and approach are theoretically based, informed by past research, and been has proven scientifically to make sport more enjoyable, engaging and health-conducive.

To book your place on an Empowering Archery™ workshop, go to <https://agb.sport80.com>

CLUB SPOTLIGHT

We're proud of our club network and the hard-working teams offering great archery experiences for all. In the next few issues, we'll be showcasing some of your stories



LOUGH CUAN BOWMEN

Founded: 1986 **Address:** Newtownards, County Down BT23 4LQ
Facilities: Three venues for target, field and 3D shoots; local rugby club and leisure centre for indoor shooting www.loughcuanbowmen.org

Last year was challenging for all sports. Retention of athletes, maintaining motivation, fulfilling promises to new members and providing opportunities to play the chosen sport safely when possible, have all been the main priorities of UK clubs.

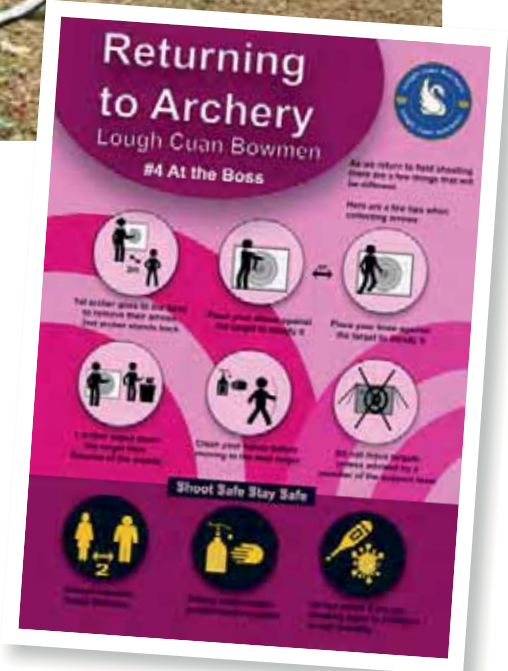
For Lough Cuan Bowmen this has been no different. Based in Newtownards Co. Down, Northern Ireland, the club usually has its summer practice evenings at a local rugby club and holds its winter sessions in the local leisure centre.

From the start of the pandemic, the committee realised that it was going to be difficult to plan ahead with any certainty. Mark Young, Chair of the club, said: "We're fortunate to have access to three outdoor venues in which we can hold field shoots and field training. We decided we would need to react to changes in Covid legislation and guidance as they were announced. Creativity, initiative and problem solving was the order of the day. To be well prepared

in advance of changes, we reviewed and evaluated our archery ranges and made changes to ensure Covid compliancy."

The team developed rigorous and flexible risk assessments, adapted procedures and introduced new practices and set in place action plans to provide a clear direction. These are reviewed and adapted as regulations and restrictions change, and provide the club with a sound foundation.

Despite the challenges, there have been many positives for the club. Mark said: "When the restrictions were lifted last summer, we were able to have field shoots and actually increased the number of shoots between September and December. Field training and coaching sessions took place at our field venues, and our indoor club nights were a success, albeit with a slightly different feel to them. To our credit we were able to pick up a postponed beginners' course during the summer evenings and were pleased to see that we retained all the beginners as members.



Above: Clear Covid guidance helped members return to archery last summer

"Such was the enthusiasm of members, many were out at field shoots as soon as possible! A key factor in maintaining our practice and shoots was to continue to foster very positive relations and collaborate with our partner organisations, keeping them informed of our Covid compliant approaches to 'restricted shooting' requirements."

Mark continued: "At the time of writing we are in a lockdown situation, but not deterred. We are prepared and ready to fulfil our immediate shooting calendar for



Below: Indoor shooting was strictly monitored and regulated



we can better engage members. Member development has always been a priority and we have taken the opportunity to constitute a coaching forum with the remit of developing a coaching strategy for the club. We are also engaging with Archery GB and have two members of the committee contributing to their lapsed member 'Range Returners' campaign."

It is perhaps timely that the club's 2017-2020 strategic plan is under review. Mark explained: "This provides us not only with the opportunity to look at what we've done, how well we did it and how we know, but to start to think about what to do next for the strategic plan 2021-24. This will provide a challenge but also opportunities for our club development as we look to engage with members, governing bodies, community and partner organisations."

Mark concluded: "As we move into 2021 and beyond, the impact of Covid will be with us for a number of years and will have implications for our archery practice. However, our club membership, committee and dedicated team of volunteers will endeavour to ensure that opportunities for field shoots, (for club members and the wider archery community) coaching and practice will not be missed as guidance allows."

2021, Covid guidance permitting. This will include our normal weekly club night, three field practice/coaching sessions, a WRS and Arrowhead shoot, a 3D shoot, and a Barebow 720 competition, up to 3 July."

Attention has been strongly focused on enabling members to shoot, however, the committee was conscious that they needed to look at holistic club development during this time, particularly engaging members during the lockdown. Mark said: "In addition to our club Facebook page, we introduced a members-only page to encourage archers to share their thoughts and questions on all aspects of archery development, equipment, coaching, good practice, and to



We're fortunate to have access to three outdoor venues in which we can hold field shoots and field training.

share their archer profile, or just some craic! We reintroduced a newsletter to keep members informed, created some short club-related videos and are currently reviewing our website to see how



PROUD OF YOUR CLUB TOO?

Would you like your club to be the focus of a future Club Spotlight?

▶ **Email:** magazine@archerygb.org sending a brief outline (bullet points will suffice) highlighting any recent innovations introduced, developments and achievements, improvements to coaching and competitions, interesting facts and figures, and news, and we'll follow it up with you.

HOW TO:

Archery is an ideal sport for social distancing, and child-friendly Arrows kits have saved the school day for many teachers looking for suitable activities

INTRODUCE ARCHERY INTO SCHOOLS



 *Arrows provides child-friendly equipment and resources, and simple ideas for activities and competitions.*

Olympics, in partnership with Clickers Archery Ltd, whose owner, Graham Harris, designed the kits. He said: "I started designing the Arrows kits in 2011, and we sell them all over the world now, complete with Archery GB branding. Arrows are very robust and easy to use – and the resources and videos (also see Archery GB's Arrows promotional video) provide all the information you need to deliver archery at your school."

Gayle Pink, Archery GB's Head of Developing Communities, said: "The Arrows programme was specially created for primary schools to introduce young children to the sport in a fun and safe way, and can be delivered by teachers and sports co-ordinators who have no formal archery experience or qualifications. Arrows provides child-friendly equipment and resources, and simple ideas for activities and competitions."

Children everywhere have endured many challenges throughout the pandemic, and for those who managed to return to their schools last year, routine physical exercise was limited. However, while team sports were widely cancelled, a few lucky children found

themselves engaging in a new Covid-safe hobby when 'soft archery' kits were introduced to PE lessons. Endorsed by Archery GB, Arrows kits have proved very popular in recent months and are perfect for use at home and at school.

Arrows was launched by Archery GB in 2012 to build on the success of the London

How is archery good for child development?

Archery, as many of us already know, has numerous benefits for overall health, helping improve precision, control, focus, physical ability and determination, regardless of age, gender or disability. There's no better time than when you're young to start building these skills, all while burning calories, learning patience and achieving self-confidence. So if you're a teacher or know a teacher who might be interested, please send them this article!

Archery helps physical and mental development

Archery requires stamina and upper body and core strength to fire off that arrow! It's also great for improving focus, patience and coordination. It naturally follows that it's a great self-confidence booster too.

Archery gives a sense of accomplishment

That feeling when you hit the gold for the first time is priceless! Children who may not excel at team sports may find archery suits them perfectly, allowing them to steadily improve on their own terms and have a real sense of satisfaction.

Archery is a social sport

Archery is a great way to make new friends and learn from others. There are competitions to take part in, coaches to learn from and a welcoming atmosphere to enjoy at your local archery club, where you'll meet a variety of people of all ages and backgrounds

Archery can be practised all year long

Archery is an indoor and outdoor sport – it can still be done in the rain, so best be prepared for all seasons!

Archery teaches the importance of safety

Children new to the sport will become

Archery is also part of the School Games, which is financed by Sport England National Lottery funding and delivered by the Youth Sport Trust. It is a government-led programme designed to deliver competitive school sport to all young people. In the 2018/2019 academic year, 145 archery school competitions were delivered, involving 8,902 inter school participants and 1,290 inter school archery teams.

Teacher Daryl Permau from Southern Road Primary School in East London, said: "We have found the Arrows archery kit to be a lifesaver. It has allowed us to continue to provide high quality, independent PE lessons to key workers' children during these testing times. The children have absolutely loved it, either for fun or competition! Seeing the children enjoy themselves and improve over time is wonderful; we will definitely be investing in more equipment in the near future."

How to order an Arrows kit

Schools can order Arrows kits direct through Clickers Archery. Simply go to: www.clickersarchery.co.uk/products/category/arrows-archery-kits/ for more information, including some helpful tutorials on getting started. Kits also include a teacher's guide and activity cards that focus on developing movement skills such as coordination, balance and strength.

How to structure an Arrows session

Arrows kits are ideal for use on what's known as a rapid range set-up – a quick and secure structure (which will require extra safety adjustments during the pandemic) for creating a basic archery range with a group of children. Kit instructions show how to organise the equipment safely and get young archers used to archery etiquette, terminology, and most importantly, health and safety principles. Archery is a great way to instil discipline and a basic understanding of the sport. See [Archery GB's Handy Guide to Delivering Archery in Schools](#).



WIN Arrow kits for your school or at home worth up to £259

ARROWS COMPETITION

Juggling work, education and entertainment for many of us stuck at home during lockdown has taken multi-tasking to a whole new level. For families with energetic young children, life indoors can be particularly challenging – chances are you could benefit the most from our exclusive competition to win Arrows soft archery kits, endorsed by Archery GB!

Archery GB has partnered with Clickers Archery to offer soft archery kits to three lucky winners:

The top prize is a Three-bow Arrows Taster Pack, worth £259 (shown), offering the perfect introduction to archery for children, and a great socially-distanced activity for the primary school playground!

Two runners-up will receive a Home Edition Arrows kit, worth £69 each, that can provide hours of fun, safe activity for children in the house or garden.

Arrows kits are robust, safe and easy to use and provide hours of entertainment for young children. Once a child experiences the empowering feeling of controlling a bow and arrow, they're sure to be hooked! Arrows kits come with simple-to-follow instructions for quick set-up and activity at home or at school. Take a look at the contents of the [Home Edition kit here](#), and for contents of the [three-bow taster pack click here](#). On both of these webpages you'll also find lots of information, including videos of how to get started.

HOW TO ENTER

To be in with a chance of winning one of these three great prizes, simply answer the following question:

What type of bow must archers use in the Olympics?

- A) Barebow
- B) Compound
- C) Recurve

The first three correct answers randomly selected will win the top prize and second and third prizes of the home edition kits, respectively.

Please see below for full entry details.

Terms & Conditions

Entries to this competition are strictly by email only. Please email your answer to magazine@archerygb.org by 31 March 2021, making sure to **write your preference: 'Home Edition kit' or 'School kit' in the subject line – we cannot accept entries without this information.** Archery GB will notify winners by replying to their email, when we will request your address for postage, which will be handled by Clickers Archery. Prize winners must be willing to share a short article (up to 200 words) and photos of the kits being used that we can share on our communications channels. There is no cash alternative. Subject to availability. Employees and relatives of Clickers Archery and Archery GB, and associated suppliers are not eligible. The winners' names will be published in Archery GB communications.



accustomed to think of safety first, be considerate of others around them and learn how to look after and appreciate their kit. Archery is also an ideal sport for social distancing.

Archery is cool

Many children want to be a super-hero! Archery allows you to fulfil that dream of emulating Robin Hood, Merida from Brave (2012), Neytiri from Avatar (2009) and a host of other characters you may have met in video games, film and TV shows. It's also a bit different – just mention you're off to the archery range and see how curious everyone gets!

MAILBAG



WRITE TO: Mailbag, Archery UK magazine, Archery GB, Lilleshall National Sports & Conferencing Centre, Newport, Shropshire TF10 9AT
OR EMAIL: magazine@archerygb.org

>> Keep sending your letters to be in with the chance of winning a fantastic Opticron scope



Sharp shooter

Alex Wise (pictured above) is a local archer, though not in our club, who has qualified for the GB Olympic Squad. He was on the Tyne Tees news. He had been unable to practise at his usual facilities over the Olympic distance of 70 metres, due to the main training and coaching facilities being closed during the pandemic.

We, the Bowmen of Backworth, with the cooperation of Backworth Hall, offered Alex the use of our field, which he gladly accepted. His use of the field, at any time, has been strictly controlled under our Covid-19 requirements. We hope that we have, in some small way, contributed to his success.

Keith Ritson

Webinar wonder

Archery GB, thank you so much for reaching out and asking if I would participate in your recent 'Engaging Women and Girls' webinar. There was such a wealth of experience and knowledge coming from all the participants and contributors, and it was really amazing to get that sense of community during that session. It was a very supportive and



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encouraging environment to speak in. I'll be sure to look for future 'Monday Natters' webinars. You all do such a great job at directing the flow of these events and making them engaging. Thank you again.

Lydia Lee

Helen Smedley, Archery GB's Regional Development Officer (Midlands), said:

"Thanks so much for your feedback, Lydia. We have enjoyed hosting these webinars and would love to hear from other webinar attendees – your input helps us shape future content. You can see our [spring list of webinars here.](#)"

Number's up

During the second lockdown, I had a new front door fitted to my house, and not wanting to drill holes in it to screw on my house number, I thought the best thing to do would be to create an archery-themed door number which I could fix to the wall. This not only displays my house number but my love of archery. Please see the picture of the finished item.

Mike Cusson



All for charity

We will not be running our Easter bunny tournament again this year due to the current restrictions. We usually donate the proceeds from the event to Linc, our nominated charity. If anyone would like to make a donation to Linc, please visit www.lincfund.org. Our club members can also find details about how to order our new club shirt on our website: www.cheltenhamarchers.com

Jeff Grinnell

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Treasured memories

Finding a box of old photos, press clippings and tournament results sheets from my old archery days inspired me to give it one more go after a 36-year break. So, I kitted up again last year only to be thwarted by lockdowns like everyone else! Nevertheless, it's been a good opportunity to put everything into a scrapbook, so I hope it's of interest to anyone (if only for the hairstyles!) Take a look: www.citrine.co.uk/archeryscrapbook

My brief archery campaign started in 1976 as a schoolboy at Alsager Company of Archers, before heading to Sheffield University in 1983. I had achievements in UK tournaments and a few junior national records (one remained unbroken for about 30 years – is that a record?) and made it into the national training squads and teams,

but aspirations of making the Olympics evaporated as studies and career took over.

It's been amazing to see how the standards have improved over the years and equipment is so much better now. I've particularly noticed the difference carbon arrows make and the lower draw weight needed to achieve the same arrow speed, so I've set my goal to achieve at least one more PB – I hope that's realistic.

But most of all, I'm really looking forward to reacquainting with some old faces, and meeting new ones at some summer shoots once more. Let's hope we're all able to soon, and in the meantime, it would be great to see some other folks' scrapbooks too!

Gordon Citrine



Clockwise from top left: 1. Junior National Champion, Boys U14, 1978 2. EAF commemorative badge from England vs Wales International 3. 1977 National Junior Championships, with my first 'proper' bow: Marksman TD-75 4. GB Team tracksuit from 1982 5. Gordon shooting in spring 2020 at Eaton Manor 6. Cheshire Junior Archery Championships 1981, left to right: Jackie Abbot (Lady Paramount), Gordon Citrine, Harvey Jackson, Sylvia Harris, Mark Edwards 7. UK Junior National Record, Metric 2.

50 years with Archery GB!

Within the next six months, I will have been a member of AGB/GNAS for 50 years, having shot through every one of those years until last March. I was part of the group that formed Redhill Archers, and have helped develop, coach, and encourage others. My favourite task was that of Records Officer for many years because I got to see the improvement of so many people.

Archery has been my sport, my recreation, my challenge, my social life, both on and off the field for all those years through difficult times and the very best of times, all because of the thrill of shooting arrows. I have shot recurve and compound bows for many years and dabbled at longbow. I was part of the team that got our indoor range



Archery has been my sport, my recreation, my challenge, my social life, both on and off the field for all those years through difficult times and the very best of times.

and clubhouse built, and saw membership growth of 100 per cent. And because of the improved facilities, I have been able to watch performances and members develop and strengthen the club team.

I've had the thrill of shooting for both England and Great Britain and opportunities to shoot all over the country, and have made some fabulous lifelong friends along the way. I always tried to shoot club competitions and encourage others to join in.

Hopefully David (my husband and fellow archer) and I will have the opportunity to celebrate our 50 years in archery, 50 years of Redhill Archers and 50 years of shooting, during the summer. We have our fingers crossed! I am still really keen to get out and shoot with my fellow members – they are my friends, my family and it's my life.

Sheila Harris

PLEASE NOTE: We cannot print letters sent to us without a name and address or an email address (although we can withhold the address if you wish). Letters may be edited for publication. Please try to keep them to 250 words if possible. Letters containing personal attacks will not be published. By submitting a letter to Mailbag you understand that, should your letter be selected as the Star Letter, your address will be passed on to Opticron so that the prize can be delivered.

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Remember GNAM, Lilleshall's summer staple that was lost to the pandemic last year? *Arthur Credland* looks back at the very first meeting, staged in Yorkshire



Arthur Credland
 Archery GB's official historian
 historian@archerygb.org

GNAM: THE EARLY YEARS



Fig. 4 (above)

Picture the scene: it's 1 August 1844 and the first ever **Grand National Archery Meeting** is about to take place with athletes vying for the national championship. The prestigious two-day event was held on the Knavesmire, York, using the racecourse grandstand for the principal spectators. The competitors, all male, shot in 15 groups of five per target, representing clubs from across the nation: Yorkshire, Durham, Lancashire, Nottinghamshire, London and the Home Counties, and the Salisbury Archers of Edinburgh. The winner was the Rev. J. Higginson and it was he, assisting Henry Peckitt – both members of Thirsk Bowmen – who were the principal organisers of the competition.

Thanks to the *Anecdotes of Archery* (1845) compiled by Alfred Hargrove, we have in one volume a record of this event, and brief histories and copies of the rules of most of the contemporary archery societies. Also included are details of the annual Scorton Arrow contest, inaugurated in 1673 – the inspiration of the GNAM – which continues to this day. At this venerable event, Higginson gained the 'antient' silver arrow and was proclaimed Captain on 30 July 1844, before proceeding to York to become the first national champion.

Alfred and his brother William Wallace Hargrove, from a family of printers and booksellers, were proprietors of the *York Herald* and *York Courant* newspapers.



Fig. 2

Their grandfather, Ely Hargrove of Knaresborough, had compiled and published the original *Anecdotes of Archery* in 1792, giving us a glimpse of the state of archery at the end of the 18th century, when the sport really began its development as the major recreational activity and sport we now know. The volume also included a history of Robin Hood, repeated in the 1845 publication.

The GNAM certainly encouraged the Hargrove brothers to take up the bow with enthusiasm. Alfred, as a member of the 'White Rose Archers' (York), won the Scorton Arrow in 1852, and William was Lieutenant in 1854 and 1856 though neither gained a major prize in the national championships. In 1845 the latter was once again at York, and this time, though without any fanfare, women were present, competing to be the championess. On this first occasion only 12 women were enrolled to shoot on two targets, and one of those, Mrs Helme, did not shoot. Four were members of the Royal British



Fig. 3

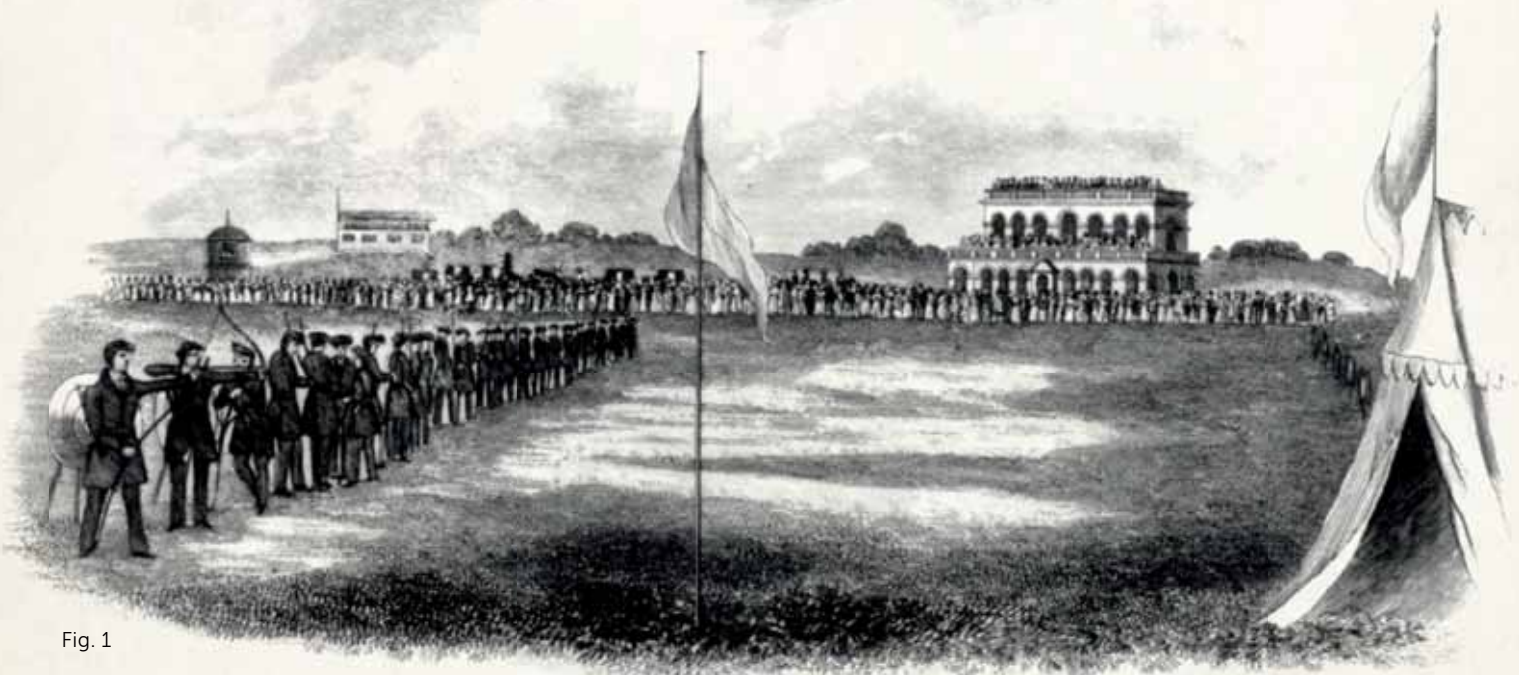


Fig. 1

All pictures from the Archery GB archive. For more information, contact: historian@archerygb.org



Fig. 6

Bowmen (founded 1787, refounded 1818), a peripatetic society which shot at various country houses in Wales and the English border counties; three were from the Royal Sherwood Archers, founded 1833 (Southwell, Notts) with the Duke of Sussex as their patron; one from the Queens St Leonards Archers of Hastings – Victoria being their patron since 1834 while still a princess. There was a single representative of the West Essex Archers of Harlow Bush Common, a society made up of the principal county families including Joseph Arkwright, grandson of the inventor of the spinning frame.

A Mrs Lamb was not affiliated to any club. The winner and first ever championess was Miss Thelwall of the Royal British Bowmen, and Peter Muir, bowyer to the Royal Company of Archers in Edinburgh, was champion for the second time.

At the third meeting, also at York, there was no ladies' competition but in 1847 at Derby, where Muir was again the victor (he won for a third time in 1863), Miss Wylde was the championess. Male and female archers competed for the national title under GNAM rules until 1970, after which the championship was separated from the GNAM and decided under FITA rules, though the annual GNAM otherwise continues in the traditional manner.



Fig. 5

CAPTIONS:

1. The Knavesmire, York, 1844; grandstand in the background.
2. Ticket for the pre-match ball, 1844.
3. Subscribers ticket, 1844.
4. Play at York Theatre Royal, under patronage of the GNAM.
5. GNAM medal for York, 1846.
6. Ladies shooting at the 1854 GNAM, Shrewsbury racecourse.

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What's your bowstyle?



With a focus on recurve archers at this year's Tokyo Games, we thought we'd give other bowstyles their moment in the spotlight. *Three archers* make the case for their bowstyle and what, in their eyes, makes it better than the rest

IMAGES: Left by Greg Grogan and below by Wendy Aubrey

Helen Brown Represents: Barebow

 I've been shooting barebow since I first picked up a bow in 2015. For now, I only do target archery, but field archery seems like fun, so I might have a go. After joining Bowmen of Pendle and Samesbury in Lancashire in summer 2017, I became interested in competing. Spurred on by clubmates, I started entering open target tournaments later that year. Since then, my love for barebow has continued to grow and I have been fortunate enough to achieve my goal of Grand Master Bowman in 2019, and won gold at the UK Masters in 2020. I have met some very friendly barebow archers along the way – it really is a great archery family.



Barebow archery is a huge part of my personal wellbeing. It challenges me, focuses me, and sometimes it frustrates me but it also gives me a sense of progress and achievement. The discipline is not as simple as the bow portrays, but it is also not a dark art. The beauty of barebow is that there is not really a right or wrong way to do it (as long as you are safe and legal). Once you learn the basic form that we share with recurve, the various ways in which you can anchor and aim as a barebow archer, and what equipment we can and cannot use, it's then a case of finding what works for you and practising it. I was recently encouraged to try to give each training session a purpose, known as 'deliberate' practice. By thinking about what I want to work on and evaluating how it went afterwards, I can really get to know my shooting process and improve



Barebow archery is a huge part of my personal wellbeing. It challenges me, focuses me, sometimes it frustrates me but it also gives me a sense of progress and achievement.

Helen Brown

my technique. Of course, sometimes it is perfectly okay for a session's purpose to be relaxation after a tough day! The main thing is to go your own way. If you want to concentrate on using just one technique such as string walking, gap shooting, face walking or instinctive shooting, then great, go and do that. Similarly, if you want to move between the techniques, depending on distance, that is also fine; in fact I do that myself.

I find that shooting with another barebow archer of a similar standard or higher, can help to keep an archer motivated – my friend Kim and I help and encourage each other. A coach is also someone you could consider working with. Even if they are not a barebow archer, they may find they learn a lot too!


Now that barebow is officially recognised by World Archery as a target discipline, the opportunities for barebow competition will increase, which is very exciting. It would be great to see barebow target archery continue to grow. In recent years in the UK, barebow target archers have been selected for county and home nations teams. Hopefully, 2021 will allow that to happen again. I would encourage barebow archers who fancy the idea of competitions to enter open tournaments across the country. They are a fun and friendly way of learning more about yourself as an archer and making some friends along the way. Try not to worry about how you'll compare to other archers; just shoot for yourself. Barebow has its own tournament every November: the British Indoor Barebow Championships, as well as the UK Barebow rankings.

Whether shooting for fun or hoping to compete in any type of archery, I'd encourage you to have a go at barebow. It will almost definitely test your patience and your determination, but it will also bring you a lot of enjoyment.



This picture: Sophie finds a traditional setting for her traditional bow. **Below:** Sophie at an indoor tournament in 2017

Sophie Twigg Represents: Longbow

 I was introduced to archery at the age of 11 when my father signed me up for a beginners' course at Brixham Archers in Devon. I started shooting barebow recurve but quickly decided the traditional English longbow was the bow for me. The history behind the bow attracted me and compared to the recurve or compound, there was a lot less equipment. You could just string your bow, grab your arrows, put on your quiver, and you could be up and shooting in a matter of seconds.

As a junior, I shot at club, county, regional and national levels and achieved 13 national records before taking a couple of years out from archery while I completed my degree. I returned to the sport in 2014, and only a few months later met my husband, Rob, at a local archery competition. Both of us have a real passion for archery, and we are extremely competitive! I am sure that having such a supportive partner, someone who truly understands the commitment it takes to reach the top level, is a massive help. Together, we have both attained the rank of Grand Master Bowman every year since 2015 and won national titles.



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IMAGES: This page by Eckhard Frerichs Photography


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Photography

Simon Scott Represents: Compound

My main passion is target archery but I also love to shoot field (3D, target, NFAS, and EFAA) and clout competitions. From the beginning of March until the end of September we are away most weekends at competitions all over the country in our trusty VW camper (Millie).

The longbow is relatively easy to pick up and shoot. However, to shoot it well takes the same levels of commitment and dedication as other bow styles. The majority of top longbow archers shoot a longbow in a similar way to a recurve, but there are skills such as form and balance (something I could talk about for hours) that are transferrable from all the bowstyles. Technique is one important part of the story, but the equipment you choose will also have an impact. Bow composition, arrow design (parallel, barrelled, footed, fletching size/length/design) all have a bearing.

One of the main highlights of our competition calendar is the Annual Archery Championship Meeting, held by the Grand Western Archery Society (GWAS) in the grounds of Dunster Castle in Somerset. On the Wednesday they hold 'Longbow Day', a traditional two-way competition that usually attracts around 200 longbow archers. They also have clout and field competitions running throughout the week. Another great competition to look out for is the Grand National Archery Meeting, one of the longest-running archery competitions – [see the history feature on page 36 for details]. Hopefully, with the prospect of Covid vaccinations on the horizon, we will see competitions start to return soon.

 I first tried compound when I was 12. It was out of necessity – I'd been shooting recurve and was pretty competitive, but when I moved up to the Under 14s category, I had to start shooting a distance I couldn't reach, so compound gave me a chance to go the distance. I've been shooting compound now for 31 years and don't really remember life with a recurve.

When I started using a compound bow in the late 80s, it was a relatively new bowstyle in the UK and there wasn't much information about defining

a technique. There was no YouTube or internet to find out how to shoot! Learning a consistent technique involved a lot of trial and error. I did find it quite hard to get to grips with at first, but the main appeal was that it was easier to get the competitive distances. At the top end of the sport, it's probably more competitive than recurve – it's certainly difficult to stand out from competitors with a compound bow.

I've worked with other archers with this bowstyle for 17 years. In the early stages of learning how to use the bow, some people often think it'll be easy to achieve high scores, the same as I did, misguidedly focusing on the result before they've developed a good process – you can hit





I've worked with other archers with this bowstyle for 17 years. In the early stages of learning how to use the bow, some people often think it'll be easy to achieve high scores, the same as I did, misguidedly focusing on the result before they've developed a good process.

Simon Scott

the 10 a lot more with a compound so it looks easier. The key to success comes in two parts: one is finding a repeatable form that suits you. There's no definitive technique for shooting a compound; you just have to find the one that works for you. The other is having an amazing mental game – at elite level you're dealing with levels of accuracy that are almost pushing the limits of human capability. You need a very strong mindset to be able to cope with that.

Compound target archery will feature in The World Games 2022 – of course, I'd be honoured to be a part of it as a coach, but at the moment I'm keeping an eye on the effect that Covid has on this year's international tournaments before I look any further. Assuming there's an element of normality this year, hopefully we can start going abroad again to the World Cups and World Championships. It would be

great to get the young athletes out to the Youth events overseas because they are the ones who are really suffering in terms of eligibility for competitions. Since Covid began, many young athletes have become too old for the age group they were used to shooting in and will have to start afresh in a new category, with new challenges. That combined with the fact they've been unable to train properly can be a setback, but we'll be working hard to get them back to form ready for the first event.

There's a lack of funding opportunities in compound archery at the top end of the game. We have to self-fund a lot of the international events, which can be limiting from an elite athlete's perspective. The upsides are the levels of accuracy that you can potentially achieve. It's a very technologically advanced discipline, and it's also way cooler than other bowstyles, of course!

In this country, I always look forward to the national tournaments, like the UK Masters, British Target Championships and the National Tour events. Archery GB did an amazing job last year of getting as many of those events going as possible. For the lucky few of us who attended them, it gave us a good opportunity to be competitive again.

Archery consumes about 99 per cent of my life, regardless of the pandemic. I have a business manufacturing strings and the lockdown has given me the opportunity to finally set up a website and online shop – it only took me seven years! The coaching side has been tricky as I've had to resort to video analysis instead of training people at the range. We're running a series of online Youth squad talks in the spring with some of the UK's top archers and squad coaches, giving tips and advice to help give the youth athletes the tools to achieve the titles and podiums they dream of.

My personal archery goals for this year are to prep myself as well as possible for the events I can attend. There's still so much uncertainty but if there's one thing this pandemic has done, it's shown that competition is a luxury, not a right. We need to make sure we're hitting the ground running when we can finally get back out there.

What makes your bowstyle so great?

➤ Write to us: magazine@archerygb.org

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WARM-UP ACT

Chances are you've spent more time shooting outside than you ordinarily would, in between lockdowns. With icy blasts from all directions, it's been a challenge to stay warm! We asked two archery coaches to recommend their ideal kit for the worst conditions, with a little help from our outdoor kit partners, **Cotswold Outdoor**

James Clifford-Jones

Seasonal instructor at Laches Wood Outdoor Education Centre, Staffordshire

▶ There's nothing worse than spending the week looking forward to some quality time on the range, only to find that once again the British weather has let you down. Or maybe as the day's gone on, the weather's turned and you're now caught out in wind, rain or even snow. What you wear can be the deciding factor on packing up and going home or carrying on and enjoying the day. Here are some of my recommendations and personal preferences for kit to keep you warm and dry.

Fleece

Choosing the right mid layer can make or break how warm you're going to be and is the most important layer for heat retention. The biggest mistake to make is wearing a layer that traps moisture. You'll be warm when you're on the move, but stand around too long and you'll soon cool down and take longer to warm up! I prefer a fleece that has different panels which provide heat trapping around my core, but also some ventilation and a stretchy material around the arms. The *Montane Wolf Hoodie (1)* provides just that. The material used under and around the arms provides moisture transfer away from the body, helping keep you cool.

Gilet

I personally avoid gilets on the range. What to wear is a combination of personal preference. If a gilet is yours, then avoiding something bulky is the key. I think down- or synthetic fill is ideal, such as the *Rab Microlight ECO*. If you're going with down, then ensure it's been treated with a DWR (Durable Waterproof Repellent) otherwise if it gets wet, the down sticks together



James Clifford-Jones sporting his essential beanie



2



3



1

making its heat-trapping ability redundant. Washing and maintaining it requires a little more TLC but as far as keeping you warm, down has always been a personal favourite. That being said, if down isn't your thing then you can't go wrong with a Primaloft fill such as the [Montane Icarus Vest \(2\)](#)

Softshell jacket

This is a great option as part of your layering system. It provides great wind protection and a small to medium level of waterproofing. It tends to be a closer-fitting item with minimal dangly bits to get caught by the string etc. A jacket that has hem and/or waist drawcords are handy for adjusting the garment to your body. This is important for helping trap air inside the mid layer. The [Mountain Equipment Kinesis Jacket](#) or [The North Face Men's](#)

Overtrousers

I have a love-hate relationship with overtrousers. On the plus side, spending the day knowing the weather can throw its worst at you and you'll remain warm and dry is ideal. The downside is sounding like you're walking in a crisp packet all day! That being said, the rustle of the fabric is a small price to pay to stay dry. For me, having a pair that can be put on and off without having to remove my boots is a must, as is having integral pockets so as not to create weak points for rain to work its way in. A ripstop-designed material is again a must for those days in the woods, or not spotting those arrows buried at shin height! The [Berghaus Deluge Pro 2.0 \(3\)](#) overtrousers have served me well in some of the worst conditions Britain can throw at me.

Images:
Cotswold
Outdoor



Choosing the right mid layer can make or break how warm you're going to be and is the most important layer for heat retention. The biggest mistake to make is wearing a layer that traps moisture.

James Clifford-Jones

[Apex Bionic Jacket \(4\)](#) are great options. I prefer something with a hood for when the wind really picks up.

Waterproof jacket

For me, I don't like bulky jackets. If I'm out on the range I prefer something that is uncomplicated. Having a jacket that has storm zips, which seal from top to bottom, makes for the ideal jacket on the range. It creates a low profile across the chest, preventing the string from catching on the way past. Also, side pockets for the same reason. A ripstop style of material is a must for those days shooting in the woods. My ideal jacket is the [Rab Downpour Plus](#). It also has additional features which I love: a wired peak so it can be moulded to the shape of your head and pit zips for that added ventilation. The jacket also can be stuffed into its own left pocket meaning you can always have it with you shoved in a bag or clipped to your quiver.

4





Nicky Hunt pictured before she discovered the benefits of merino wool! **Below:** Cotswold Outdoor carries some popular brands

With three-quarter-length zips down both sides, it makes them ideal for slipping off after a long day, before getting in the car. If you want to combine a waterproof alternative without adding an extra layer, softshell trousers are the answer. *Craghopper Lariq trousers* provide a good level of protection from the rain, but also help stop the wind.

Headwear and hats

This is all about personal preference and I personally prefer a beanie hat. But whether it's a bobble hat or beanie, you can't go wrong. I would avoid a waterproof hat. If it's raining, put your hood up. A waterproof hat means your head stays dry as the water drips off your head and straight down your neck! The hat is all about insulation. I've got a smallish head (contrary to popular belief!) and some brands fit my head better than others. The reason I prefer a beanie over a bobble is that when worn with the hood of my jacket, it fits more comfortably when up.

Conclusion

Choosing your wet- and cold weather clothing is really down to what you feel comfortable wearing all day. My ideal load-out would be a wicking base-layer, softshell trousers, panelled fleece, a softshell jacket and a waterproof rolled up and attached to my quiver or in a bag nearby, with a trusty beanie hat to keep my ears warm.

Nicky Hunt

Former world number one archer, Commonwealth Games double gold medallist, coach and chartered physiotherapist

"There's no such thing as bad weather, only unsuitable clothing" – Alfred Wainwright was right, I would say!

Of course, when you are able to completely cover yourself with as many layers as needed, this is an easier task than when you are on the shooting line and need to ensure you won't get any string contact, and have the touch points needed with your equipment. I do believe there are lots of points to be had, though, in preparing as well as possible. If you've experienced that feeling when your hands are too cold to

text, and your thumbs move so slowly, the same slowness of movement will be changing your release and how your body is moving and working. I used to attend every competition with a bag full of gear! It's possible to have all four seasons in one day in the UK, so it would include shorts and sun cream through to gloves and a hat – whatever the forecast. Archery ranges have their own climate!

Base layers

With any item, spend as much as you can afford to, but that doesn't necessarily mean a brand name – check the materials used. My experience taught me that I often ended up buying the more expensive items in the end, as the budget ones just weren't as good. Base layers are hugely important for us archers, as we cannot have any bulky layers on the top half which could interfere with the string, so I would say this is probably one of the most important items in your kit bag. Look at the materials being used in a product. Personally, I have found the natural fibres of merino wool to be the best. It's a material which heats you in the cold – generally you don't overheat and it tends not to smell.

Think about the neck of the garment too. Both compounders and recurvers will need to get good access to an anchor point on their neck, so a V-neck or roundneck is the best. A zip-up neck can be overcome by undoing the zip and folding in the corners, but this tends not to be very comfortable.

If the weather is variable, I would go



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Having cold or wet feet is probably one of the most miserable experiences when you're stuck on the field all day.

Some people don't struggle with cold feet at all, but for those of us who do, getting this right is important. **Nicky Hunt**



3

for a short-sleeve base layer and have cycling sleeves so I could quickly lose the sleeves if I needed to. But a long-sleeve base layer is a must. There are also different weights of wool too.

My recommendation would be the [Icebreaker Women's 260 Tech Long Sleeve Crew Top \(1\)](#).

For men, the [Icebreaker Men's 260 Zone Long Sleeve Crew Top](#).

Footwear

What type of shoe you wear is a very personal thing. Remember the ruling that 'footwear must enclose the toes and front of the foot at all times'. The most important aspect for me is that the sole of the shoe or boot should be as flat as possible. We want to have slightly more weight on the balls of the feet when shooting, but a very rounded shoe (very common for walking shoes or boots, as they are built to roll you forwards as part of the motion of walking) can lead to sway at full draw. Another thing to consider is your foot position or posture. If you have

very flat or pronated feet, having a supportive shoe will help support this, and ultimately affect your whole posture. Wearing wellies, for example, might be a good idea for a boggy range, but often they don't give much support.

In store, [Cotswold Outdoor](#)

[offers expert advice on choosing the right footwear](#) for your needs, as well as boot fitting. While stores are closed owing to lockdown restrictions, virtual appointments are available – please [click here to book an appointment with a Cotswold Outdoor product specialist](#).

Having dry feet throughout a tournament is very important. There are many waterproof walking shoes on the market, as well as walking boots, but flat golf shoes can be an excellent choice, and they are also designed to be worn and walked in for many hours, just as we do in archery. Everyone's feet are different, so it is important you try different shoes on and ensure they are comfortable for walking and standing in all day long.

For women I'd recommend the [Mammut Women's Hueco Low LTH Shoe \(2\)](#).

Although they aren't waterproof, the rubber toe cap will probably stop dew on the grass being a problem, and the sole is very flat.

For men, the [Haglöfs L.I.M Low Proof Eco](#) is a waterproof and flat-soled shoe which looks like a good choice:

1

2



Socks from a range at Cotswold Outdoor



Socks

Having cold or wet feet is probably one of the most miserable experiences when you're stuck on the field all day. Some people don't struggle with cold feet at all, but for those of us who do, getting this right is important. Again, the material used is a big factor, and I would again look to the natural merino wool fibres. There are so many socks out on the market, I don't think there's one single recommendation I could give, as it really depends on your footwear too. You don't want something too bulky which then makes your footwear too tight and uncomfortable, so think about the weight and what you'll wear them with. In cooler temperatures, I'd definitely recommend long socks.

There's always the option of waterproof socks too. If you have your trusty pair of flat shoes you love to shoot in which aren't waterproof, you could look to use waterproof socks instead. Personally, I didn't really get on with this method as it felt as though I was wearing plastic bags, and with 12 hours on the range at a competition, they sometimes didn't breathe well. I think this is a personal choice, and something to look into if you want to go with non-waterproof shoes.

Gloves

Oh, how I wish we could wear gloves to shoot in! In my experience, it is not possible. When I was training outside in freezing temperatures, I did once cut out the palm of my bow-hand glove so I still had 100 per cent contact with the bow, but even then it was a bother to me. I know some people like to wear a golf glove but in my experience you'll more than likely torque the bow without realising it. For me, gloves are there to be worn between ends when not shooting. If it's

wet, have a towel to dry your hands before putting them into your gloves each time, as once things get wet it is very difficult to stay warm. I would suggest waterproof gloves are best. You'll need to think about how you'll use your puller to pull your arrows, and also score if needed. One tip I found which worked best for me was using mittens. I would put a hand warmer inside each mitten, and then be able to grip the hand warmer and get the most warmth available between ends. For this method I would suggest the *Rab Women's Storm Mitt*, and for men, the *Mountain Equipment Men's Mountain Mitt Gloves (3)*.

Please note: Scarves and snoods just aren't for us archers as they could be a danger if caught in the bow string. They might be good to wear in the breaks or after the competition has finished, but should never be used on the shooting line.

Conclusion

I hope that has given you some insight into what has worked well for me in my 25 years on the shooting line. Overall, look for good materials and buy the best you can rather than buying twice. *Cotswold Outdoor has a three-year sustainability strategy* in which they aim to prioritise sustainable fashion, reduce their carbon footprint, reduce waste and encourage their staff to dedicate one day a year to environmental projects. There's definitely points to be made from good preparation. I found it was good to have a list of everything I would need for any condition to get the best performance I was capable of. Dry, warm archers are happy archers!

Follow Nicky at www.facebook.com/archeryexcellence-nickyhunt

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Path(way) to success

Identifying and nurturing new talent has been challenging for Archery GB's National Talent Development Programme team throughout the pandemic, but dedication to their sport has never faltered for the latest young archers who have completed this step of their journey to podium success

Archery GB's National Talent Development Programme (NTDP) aims to enhance the skills of the most promising grassroots archers, helping them on their journey to become future medal winners. Archery GB piloted this programme in 2012 and it has been highly successful as a means of defining and refining our talent pool. It is an inclusive programme, with no criteria to register except age – archers must be under 20 years old to join.

In a normal year, archers attend quarterly coaching and benchmarking days throughout the year and are profiled in August at the end of the cycle. Those demonstrating the skills and behaviours required to progress can be selected to the National Age Group Academy (NAG), the induction for which takes place each September.

Progressing to the NAG is a key step for gifted young archers on the England Talent Pathway, with five residential weekend camps (held in normal circumstances) from September to May. Athletes self-fund to attend camps and related competitions, as well as paying for coach contact with a specialist Pathway coach between camps. The purpose of this academy is to develop promising archers into nationally- and

internationally competitive athletes. As well as securing a spot on the academy programme through NTDP, archers can also join directly from Archery GB's Competition Pathway, where talented young athletes may have posted strong scores.

Each athlete's journey is different and so they may spend different amounts of time on NTDP or the National Age Group Academy. While not every athlete will stand on an Olympic or Paralympic podium, it's important that each athlete is given the opportunity to develop skills which will help them both on and off the line. Athletes who do not progress up the Pathway are supported to continue in the sport through the NTDP and *ontarget* Performance Clubs network, as well as the Workforce and Competition Pathway.

Over the next few pages, we'll share the sporting journeys of four young archers: Emelia Belshaw, Hari Shukla, Meghan Robertson and Will Thompson, who have recently transitioned to the National Age Group Academy from NTDP. Their enthusiasm, perseverance and dedication to the sport does them credit, especially as they have had to overcome the extra difficulties of the past year. These characteristics are typical of the athletes on the Programme.



I have enjoyed everything so far about the academy...with the lockdown restrictions I've been able to continue with coach contact on Skype.

Emelia Belshaw





Emelia Belshaw

Age: 15

Club: Bowmen of Burleigh, Berkshire

How did you first hear about the NTDP programme and why did you want to attend?

I heard about the NTDP programme because my friend from a club was on the Pathway. Then on social media I saw an advertisement which made me want to attend to see what it was all about, and where my archery career could lead.

Where did you attend NTDP? What was your first time at NTDP like?

I attended my first NTDP at Aim4Sport training centre in Bedfordshire, and had a really great experience and enjoyed every second of it! Reflecting on my first day there, I really wanted to pursue my archery career and achieve the goals I have always wanted. One of them was to join the National Age Group Academy. I managed to do this by working hard and not giving up.

What did you learn from the programme and who did you work with?

When I joined the programme, Aim4Sport's

Dave Leader coached me and I started going up every other week for coaching sessions with him. I did this for about a year and a half while still being part of the NTDP programme and also attending Archery Training Centre sessions that Aim4Sport held once a month. From the programme, I learned how to adapt and try new things in archery, such as strength and conditioning exercises or changing technique to help make the shot better.

What was it like to meet other ambitious young archers?

Meeting other archers like myself really inspired me to progress further with my archery career. It was also inspiring to work with other people with the same goal as me, and useful that we could share tips on how to improve on things we may've been struggling with. It's nice as you meet lots of other people who you may become friends, so when you're at a competition you'll always see a friendly face you recognise!

Can you describe some of the training challenges that you faced?

One training challenge I faced was not being as strong as I wanted to be, so I did a lot of strength and conditioning training to improve.

Was it a fun experience overall, and would you recommend it to others?

I had a really fun experience on NTDP and would definitely recommend other young archers join it. It definitely inspires you to see where your archery could lead. The opportunity to make loads of new friends is such a bonus!

Obviously it's been very difficult with the pandemic's restrictions, but how do you feel about progressing to the National Age Group Academy? What have you enjoyed so far, either through coach contact or virtually?

When I found out I was selected to join the National Age Group Academy, I was so happy because all my hard work had paid off. I have enjoyed everything so far about the academy. Even with the lockdown restrictions I've been able to continue with coach contact on Skype. I have changed some things about my technique to help to get the shot stronger.

Finally, what are your archery ambitions?

My ultimate archery ambition is to represent my country in the 2028 Olympics in Los Angeles. And in the meantime, one of my short-term goals is to shoot at an international event.

Hari Shukla

Age: 10

Club: Braintree Bowmen, Essex

How did you first hear about the NTDP programme and why did you want to attend?

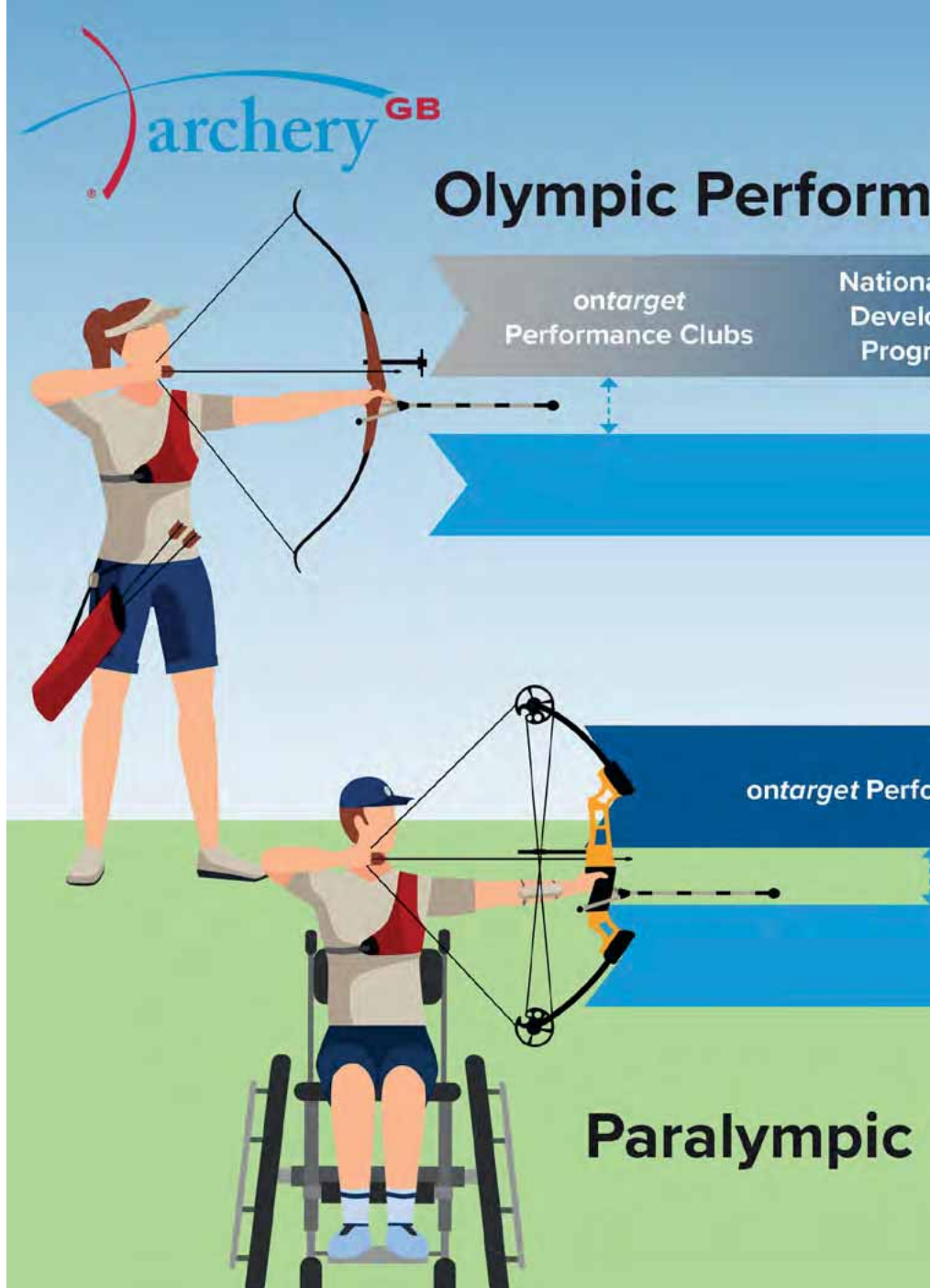
I joined Braintree Bowmen with my dad as I was interested in taking up archery as a hobby. Soon after I joined, I was invited to attend the club's Junior Development Programme, which was led by a fellow junior archer and her dad, who had gone through the AGB programme. This made me realise that there was a pathway to success in the sport, and so I set a personal goal to master the basics and get onto the NTDP programme.

Where did you attend NTDP? What was your first time at NTDP like?

I attended NTDP at Aim4Sport after my parents got in touch with them. Aim4Sport's Gaynor Hutchison explained the Pathway programme to us and I attended my first NTDP session in October 2019. The first time was nerve-racking! I knew from reading about the AGB Pathway programme that this was the first major step, and I was particularly nervous as I had thought the full day would be AGB coaches testing my ability against others to see who would progress to the next stage. The coaches explained at the start of the day that the NTDP's objective is to help young archers develop, so I settled quickly.

What did you learn from the programme and who did you work with?

I worked with a very nice coach called Paula. As well as the excellent coaching tips and things to work on at home and club, which were all recorded and measured for the next session, I learned so much about how to structure my development in archery from



the NTDP. The importance of diet, sleep, achievable goal-setting and planning my time were all learned from the NTDP and they are skills I use today in all areas of my life.

What was it like to meet other ambitious young archers?

It was really great to meet other ambitious young archers. I was nervous at first, but soon realised there were some who were my age and even the older ones were extremely helpful and encouraging.

Can you describe some of the training challenges that you faced?

I thought I had mastered the basics of the sport before I joined the NTDP, but I soon learned that there was much more to it. I faced real difficulty achieving a very stable and clean set-up and I began to understand, once it was explained by coaches, that this would only improve with increased core strength. I then increased

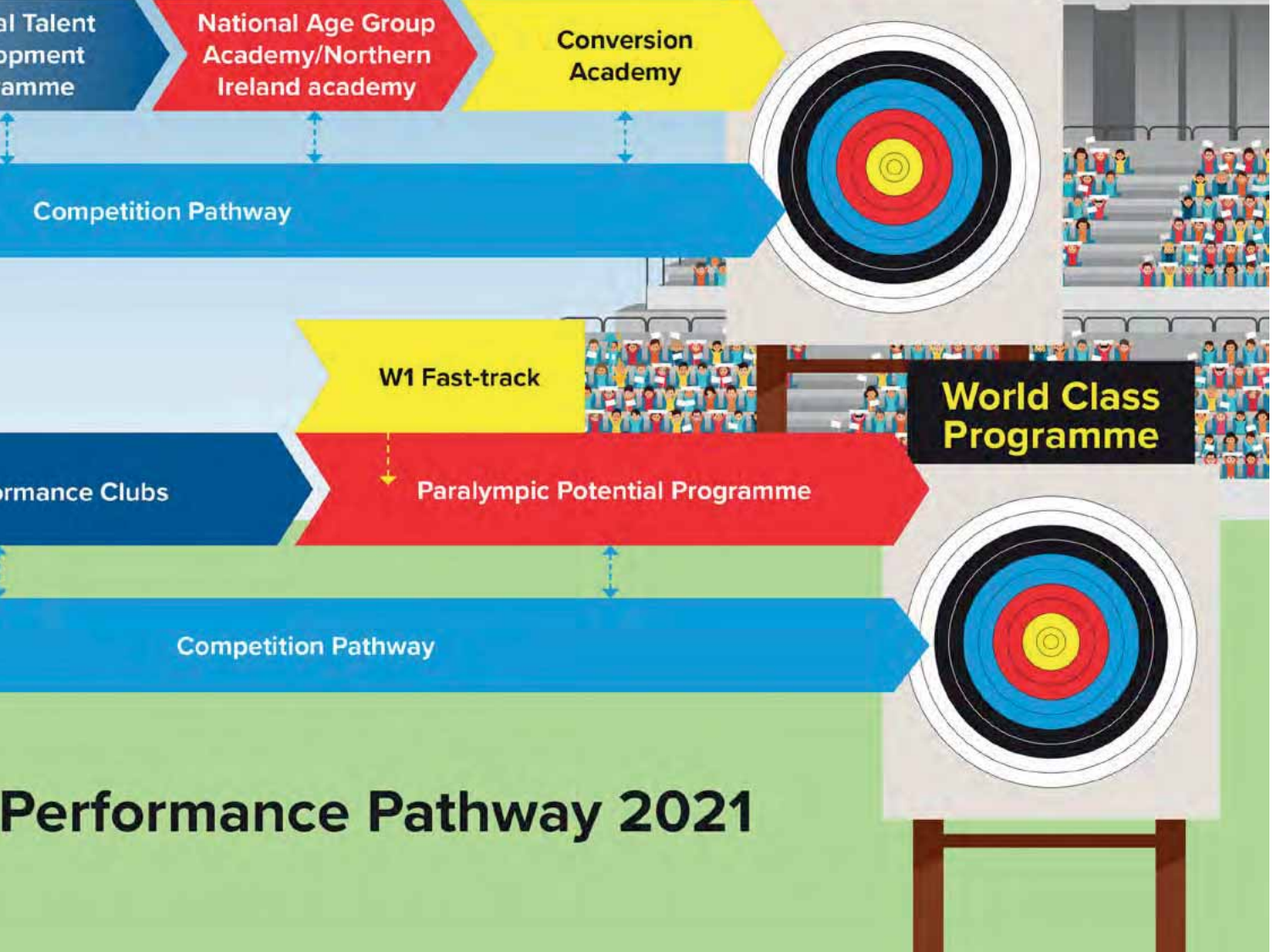


As well as the excellent coaching tips

and things to work on at home and club... I learned so much about how to structure my development in archery from the NTDP.

the number of core exercises I did at home as well as the number of times I swam per week. I've realised, through the NTDP, that strength and stamina are just as important as shooting ability in this sport. My normal weekly schedule was therefore very busy, which was a challenge in itself, but I wouldn't have had it any other way!

Performance Pathway 2021



Performance Pathway 2021

Athlete transitions through the Pathway

Athletes can enter and transition through the AGB Pathway at any time providing their athlete profile indicates a strong upward trajectory aligned to 'what it takes to win' (WITTW).

Generally, the key formalised transition period occurs annually in August following the Youth Festival Event and the competitive season which takes place March-August.

Was it a fun experience overall, and would you recommend it to others?

It was a brilliant experience overall, and I always looked forward to attending. I would definitely recommend it to others, and my advice to them is not to be nervous and embrace the things you can learn.

It's been very difficult with the pandemic's restrictions, but how do you feel about progressing to the National Age Group Academy? What have you enjoyed so far, either through coach contact or virtually?

When the news came that I had been selected for the academy, I was overjoyed – it took a few days to sink in. Despite the induction camp being shorter than usual because of the pandemic, I had a great time. As I am only ten, I haven't really spent much time away from my mum and dad, and at the first induction camp at Eaton Manor I was very nervous about what to expect. I shouldn't have worried as it was a fantastic day and I feel I have really matured thanks to this experience. I would love to attend longer camps in future.

I also really love having my own AGB

coach, Tony Ferguson. I am really enjoying the consistency this gives me in the training approach, and I think I am progressing quicker because of it – before this there were a few people I would take advice from. I am also enjoying the strength and conditioning benchmarking, which started virtually in January.

Finally, what are your archery ambitions?

My archery ambition is to represent Great Britain at the Olympic Games. The first Games I will be eligible for will be 2028 in Los Angeles.



I met new friends who I still shoot with now. In fact, three of them have also been accepted for NAG Academy.

What did you learn from the programme and who did you work with?

I learned so much about health and fitness and also much more about maintenance of my bow and kit. I learned to focus and accept when things don't go as I would like and move on from it, and how to work as a team and do the correct exercises to warm up and cool down, as well as strength and conditioning.

What was it like to meet other ambitious young archers?

It was awesome because you were in a room with others that wanted the same as you, so you could all relate to each other which made the socialising a lot easier.

Can you describe some of the training challenges that you faced?

I'd have a wobble board to stand on to make shooting harder and more fun. I also had exercises to do, which I was a bit nervous about at first, but the more you do them, the more you get used to it and the easier it becomes. I remember we did one where we had to load an arrow and shoot it as fast as we could while including our full technique, and if you didn't make the time limit you were out. We started at 20 seconds and the digits kept dropping every round until there were five seconds left, which was insane. It was hard, yet so fun!

Was it a fun experience overall, and would you recommend it to others?

Yes! I honestly don't think I'd be where I am right now without all the things that I learned from NTDP. For me, it really improved my confidence in talking to other archers and coaches.

It's been very difficult with the pandemic's restrictions, but how do you feel about progressing to the National Age Group Academy? What have you enjoyed so far, either through coach contact or virtually?

I was over the moon when I heard the news and am so proud of myself that I've made it this far in a relatively short amount of time. I've enjoyed the virtual calls with strength and conditioning and other things – mostly getting on calls with my coach.

Finally, what are your archery ambitions?

My main ambitions are to go international for competitions, and keep progressing with my technique and love for this sport.

Meghan Robertson

Age: 14

Club: Guildford Archery Club, Surrey

How did you first hear about the NTDP programme and why did you want to attend?

I first heard about NTDP from my Chessington Bowmen coach, where I used to shoot. I had been shooting well at all the local and some national competitions and my coach at the time mentioned it. I had also been visiting Aim4Sport for arrow matching and some additional training. Dave Leader and Gaynor Hutchison both gave me details of up and coming NTDP at their centre so I enrolled.

Where did you attend NTDP? What was your first time at NTDP like?

I attended at Aim4Sport and loved it. The first day was strange, totally different to



I honestly don't think I'd be where I am right

now without all the things that I learned from NTDP. For me, it really improved my confidence in talking to other archers and coaches.

what I had been doing with my coach but great all the same. We took part in some fun activities: shooting while standing on a wobble board, practice shoot-offs in teams against the clock. It was just like a real competition but it was all for fun purposes.

Will Thompson

Age: 17

Club: Valley Bowmen of Huddersfield, West Yorkshire

How did you first hear about the NTDP programme and why did you want to attend?

I first heard about NTDP through socialising at competitions after someone asked me if I was attending sessions. After researching it, I wanted to attend because it's the main pathway for higher levels of archery.

Where did you attend NTDP? What was your first time at NTDP like?

I attended NTDP at the Lilleshall National Sports Centre in Shropshire, and the Haxby Scout Centre in York. My first time was all about getting accustomed to how everything worked within the programme and the key steps I needed to succeed.



I learned how to improve the form of my shots which in turn allowed my stamina to increase dramatically, I was able to train for longer and make my sessions more efficient.

What did you learn from the programme and who did you work with?

I learned how to improve the form of my shots, which in turn allowed my stamina to increase dramatically. I was able to train for longer and make my sessions more efficient.

What was it like to meet other ambitious young archers?

As I primarily worked with Kath Fitzpatrick in Haxby, I didn't get to meet a lot of new people attending the course but I was already familiar with the people from my county. However, there was a social aspect that I always looked forward to.

Can you describe some of the training challenges that you faced?

When I first started I wasn't very flexible, so I got a bit stuck trying to do certain movements to assist my training.

Was it a fun experience overall, and would you recommend it to others?

I would highly recommend it to everyone who wants to progress their archery skills



to the next level, no matter where you're starting from.

It's been very difficult with the pandemic's restrictions, but how do you feel about progressing to the National Age Group Academy? What have you enjoyed so far, either through coach contact or virtually?

I really enjoy seeing my progress over time as it boosts my confidence about what I can do in the future.

Finally, what are your archery ambitions?

My archery ambitions are simply to aim for the highest Pathway event I can, e.g. Europeans. I came to NTDP very late at 16 years old, and I am still aiming to do the best I can.

NTDP COVID-19 UPDATE

The pandemic has impacted the NTDP programme but Archery GB is committed to restarting activity as soon as possible. For more information about joining the NTDP, please keep an eye on www.archerygb.org for updates about NTDP activity.



THIS MONTH WE TALK TO: Emma Kasprzak, Head of Communications



I only joined Archery GB in November so still consider myself 'the newbie', even though it's been a few months now. Like many people, I'm working from home while juggling home schooling and toddler wrangling. This at least makes my video calls entertaining, thanks to various guest appearances from my children and cat! What I'm loving about the role so far is that no day is the same and while there isn't a typical day, this will hopefully give you a flavour.

8.30am I normally start the day at nine, but today I'm booked onto a TikTok marketing course to try to get to grips with the fastest growing social media platform among 18-24s. As we want to reach archers of all ages, we're keen to share our content on the platforms they use and

in a format they will engage with. The course gives me a good overview of the possibilities for growing archery's online presence.

9am While most people can't shoot during the third lockdown, the government has recognised how crucial access to sport is for people with disabilities. I help put together a press release about the disability exemption and how archery is a great sport for inclusivity. We have some wonderful examples of clubs which work to help archers of all abilities access ranges and participate in the sport.


10.30am Time for a coffee and a bit of home schooling. I set my son up with a phonics video and keep an ear out in case he gets


DAY IN THE LIFE


THE PEOPLE WHO KEEP THE WHEELS TURNING AT OUR ARCHERY GB HQ


Archery GB headquarters at Lilleshall is (usually) a busy centre for our Paralympic and Olympic squads, coaches, managers and operational staff. In each issue, we'll be finding out more about their roles on a typical working day.


stuck on anything while I catch up on emails. Each week media requests come in for interviews with our Olympic and Paralympic archers. As we're hopefully in an Olympic and Paralympic year, I'm expecting these requests will only increase as we get closer to the Games!

 **11.30am** We're currently making some improvements behind the scenes to our website, so I do some work on the back end of the site, upgrading the various bits of software we need to make our sport easier to find via search engines like Google. This is time consuming work but worth it if we can push our way up the Google rankings and make our sport easier to discover and get involved with.


 **12.30pm** Time for lunch and with two kids at home and a cat, lunchtime can feel a bit like feeding time at the zoo! Today my husband has made jacket potatoes and after lunch we head into the garden for PE. As my son is learning about castles and knights, we set up our soft archery set for a quick family competition.

 **1.30pm** Time to respond to any emails that have come in over lunch. There's a filming request to sort out which is more challenging as a result of Covid. I've also got some updated guidance for allowing disabled archers to shoot during lockdown and guidance for elite archers which needs publishing on our website.


 **2.30pm** I sign off on the disability press release and make sure we have some pictures to include for any local newspapers which run the story. I then have a quick catch up with the PR agency we are working with about other opportunities to promote archery this year.

 **3.30pm** Time for a call with Arran Coggan, Acting Director of Participation, about various ongoing projects which will involve both of our teams. It's so helpful to chat to other departments and work out how we can support each other as there is obviously a lot of

cross over. It's also nice to chat about how the week is going, even if it's over a video call.

 **4.30pm** Time to confirm the venue for the filming request and make sure the athlete, filming company and location have all the information they need to make the day run smoothly. I run through my to-do list for a final time, ticking off what I've completed and rolling anything left over onto tomorrow's list. A final check of my emails and meeting schedule for tomorrow and it's time to log off. I'm trying to build a bit of separation between work and home so I listen to a podcast for a few minutes, as I would on a commute, to help clear my head before switching over to 'home' mode.



 **If you have any questions for Emma about her role, please email us at magazine@archerygb.org**

ABOVE: Emma relaxing at the top of The Wrekin, Shropshire

RIGHT: Emma's family are all getting into archery!



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'Perfect is the enemy of good' - Voltaire

ADVICE ZONE

CURB YOUR PERFECTIONISM

Striving for perfection is common in archery, but is it doing you more harm than good? Mindfulness instructor *Dr Kris Chapman* looks at how the use of mindfulness techniques inspired by Japanese archery can help deliver a better outcome

Are you a perfectionist? Do you set higher standards for yourself than you do for other people? Do you strive for continual improvement in areas of your life you value, for example in your archery? As a 'reforming' (that is, not quite reformed) perfectionist who has studied Japanese archery (kyudo), I will discuss in this

article why perfectionism isn't helpful and how it can in fact be detrimental to your performance in sports such as archery.

What is perfectionism? In their useful book on *Overcoming Perfectionism*, Shafron, Egan and Wade offer the following definition:

'Perfectionism is the setting of, and striving to meet, very demanding standards that are self-imposed and relentlessly

pursued despite this causing problems. It involves basing your self-worth almost exclusively on how well these high standards are pursued and achieved.'

But, you may ask, isn't setting high standards and seeking to improve the way that you get better in your shooting? If I drop my standards, won't I just be accepting poor performance? On these questions, it's important to acknowledge

ADVICE ZONE: CURB YOUR PERFECTIONISM

the difference between a healthy pursuit of excellence and unhealthy perfectionism. Setting goals, such as placing in a competition or increasing your personal best score, is an important way to motivate yourself to improve. With unhealthy perfectionism, however, setting high standards for yourself and either discounting their value if they are met, or harshly criticising yourself if they are not, can lower motivation and hinder rather than help your shooting performance. Kristin Neff, a renowned psychologist who researches self-compassion, notes that striving to meet goals can become counter-productive if you place too much of your self-worth in meeting those high standards.

Perfectionists often 'over-train', increasing the duration of training or number of arrows shot, for example, in the belief that just putting in more effort will improve technique. Such determination is admirable but misguided. The amount of improvement you get from increasing effort has a limit. Repetition of a closed skill such as drawing a bow is necessary to train the body and refine technique, but if you loose too many arrows and become fatigued then, no matter how hard you try, your performance level is likely to dip.

My hard-earned advice here is that it is



Try to frame your inner monologue as though you were supporting a friend, rather than berating yourself, if you have a poor shot or competition performance.

optimum, rather than maximum, effort that is required to improve. If you notice that you are getting tired, take a break, and also give yourself a break – try to frame your inner monologue as though you were supporting a friend, rather than berating yourself, if you have a poor shot or competition performance. We are often much harder on ourselves than we are on others. This tends to lower our confidence and motivation rather than helping us to get over a mistake. Self-compassion is a more effective motivator than self-criticism. Give yourself the mental support you need to get over the difficulty, rather than telling yourself that you are a failure.

My experience of archery is through studying kyudo, Japanese archery, in Tokyo for doctoral research. I do not claim that kyudo is an esoteric practice, as characterised by Eugene Herrigel's famous book *Zen in the Art of Archery*. However,





A Daruma, a Japanese traditional doll depicting Bodhidharma, the founder of Zen Buddhism

there are some useful approaches and concepts from kyudo which could be useful to archers from other disciplines and cultures. In kyudo training, while the ostensible goal is to hit the target, training focuses more on refining technique, for example through makiwara practice (shooting into a straw butt). A key point here is that if you concentrate on improving your form in the process of shooting, your likelihood of hitting the target will increase. You can apply this to your own training and competition performance too. Try not to get hung up on the outcome of your shots; instead be mindful – pay attention in the moment of the draw to optimising your form and technique as you shoot.

Often, peak performance in sport is framed in terms of ‘flow’ experience. In Japanese martial arts such as kyudo, a similar concept is that of mushin, or ‘no-mind’. Mushin describes a state where the archer can shoot with effortless automaticity. No-mind does not, however, mean ‘unthinking’, but rather not engaging in mental activity while performing the shot. You are just aware and in the moment. Mushin and flow both reflect a state of self-aware activity in which intention and action are aligned without the need for conscious reflection. Awareness is the key, as it is mindful (i.e. self-aware), rather than mindless (i.e. unthinking) automaticity. Fundamentally, if you are able to focus on the moment during shooting, rather than getting distracted by a previous mistake or possible outcome, you are more likely to ‘get in the zone’.

Another useful concept from Japanese archery is that of zanshin, or ‘remaining body/remaining mind’. Zanshin is the last stage in the eight stages of shooting (hassetsu), which define how you draw the bow and release the arrow in kyudo. The shot does not end with the release: after the arrow is released, the archer holds the body and mind momentarily in position, continuing to expand, with a sense of physical poise and mental equanimity. Practising self-awareness after releasing the arrow is something you can try. It helps

keep you focused and in the moment.

In general, I’d encourage you to apply a mindful approach in your shooting. Be aware of how you are mentally, physically and emotionally as you draw and release. Developing and practising presence of mind as you shoot is a way in which you can give yourself what you need in the moment to optimise your performance. Goals are useful short-term motivators, but focusing on your shooting, rather than the outcome, is likely to lead to better results.

If you would like to learn more about how applying mindfulness and compassion can help you improve your performance in sport, contact Dr Kris Chapman at kris@mindfulkindfulness.co.uk or visit: www.mindfulkindfulness.co.uk

About the author

Dr Kris Chapman is a qualified mindfulness instructor with expertise on applying mindfulness in sport, offering courses on Improving Sports Performance through Mindfulness and Compassion. Kris has a sports-related PhD in the anthropology of Japanese martial arts from the School of Oriental and African Studies, University of London. His sports background is in karate and kyudo (Japanese archery). He has black belts in Shukokai and Shotokan karate, and a 1st dan in kyudo. His research included 18 months of fieldwork in Tokyo training in martial arts. He incorporates his experience and study of Zen-influenced martial arts pedagogy into his mindfulness practice and training. If you would like more information, have a look at www.mindfulkindfulness.co.uk or email kris@mindfulkindfulness.co.uk



Glossary of Japanese archery terms

Hassetsu – more formally shaho hassetsu, the eight stages of shooting in Japanese archery.

These stages are:

1. *Ashibumi* – footing
2. *Dozukuri* – forming the torso
3. *Yugamae* – reading the bow
4. *Uchiokoshi* – raising the bow
5. *Hikiwake* – drawing apart
6. *Kai* – full draw
7. *Hanare* – release
8. *Zanshin* – remaining spirit / form

Kyudo – Japanese archery, literally ‘the way of the bow’. A form of archery based on the Japanese martial traditions and practised as a modern martial art both in Japan and around the world. It has a distinctive focus on formal shooting procedure and, traditionally, the use of a two-metre tall bamboo bow (although composite bows are also used).

Mushin – more formally mushin no shin, the ‘mind of no-mind’. No-mind is a Zen Buddhist concept used in Japanese martial arts. No-mindedness doesn’t mean ‘unthinking’, but rather not engaging in mental reflection while doing an activity – you are just aware and in the moment. It’s like the idea of ‘flow’ experience used in sports psychology.

Zanshin – Depending on the Japanese characters used, this can mean ‘remaining body’ or ‘remaining mind’. It is the final stage of the eight stages of shooting (hassetsu) in Japanese archery. The All Japan Kyudo Association’s manual describes it as: ‘Expressed as spirit, it is the remaining spiritual energy [or more prosaically, mental focus and emotional state], and expressed as form it is the remaining body action.’ It is the retention of focus and form after the release of the arrow.





I was being bullied at school and my support worker said that my options were to either go to school or go to a sports camp – so I went to Oxstalls Sports Park in Gloucester, and came back a completely different person.

AIMING HIGH

LEFT: Chloe Ball-Hopkins was on the Paralympic Potential programme in 2014

Chloe Ball-Hopkins is something of an expert on the subject of resilience. With an exciting new role for the *Disability Sports Channel* and the prospect of an imminent return to the range, she tells us how her passion for sport led to her dream job

I was born with arthrogryposis which means I had no hips and my feet were bent up to my shins, so they did a lot of surgery when I was very young, and I was diagnosed with muscular dystrophy at four years old. Growing up, I could still join in with my friends but I used to fall over a lot. When I got to secondary school I started using my chair a lot more. I didn't get into any kind of sport until I was 12, and from then on I tried tennis, basketball, dance, and wheelchair racing, making up for lost time. I got into sport by chance. I was being bullied at school and my support worker said that my options were to either go to school or go to a sports camp – so I went to Oxstalls Sports Park in Gloucester, and came back a completely different person. Seeing people like me and being around people who were just getting on with it gave me a lot of confidence. I wanted to try everything and became national champion for tennis and was on the regional basketball team.

I discovered archery when I was 16 on one of Stoke Mandeville's Junior Sports Camps. While there, I realised that the athletic sports I'd been doing weren't suitable for my condition. I'd never considered archery but a friend was doing it at the camp, and I found myself instantly wanting to get that arrow closer to the middle. That was 2012. The following summer, Stoke Mandeville ran their first W1 classification women's camp which I was invited to, and by the end of the year I was on their Paralympic Potential-funded programme. It all happened quite quickly and I think my experience with other sports helped. In contrast to what I had been doing, archery allowed me to be much more calm and to compete against myself and perfect my skills.

In 2014, I went to Thailand for the Asian Grand Prix and the Czech Republic for the European Grand Prix. The European Championships were also that year in Switzerland, where I won a bronze medal. I was about to receive extra funding, but at that point I became ill with a parasite I'd picked up in Thailand and so had to take time out to recover. When I returned, I joined the National Age Group Academy programme to rebuild



Everyone we've spoken to so far has been really excited about the potential of our channel – we'd love to turn athletes into household names.

the spotlight on disability sport all year round, featuring all sorts of different content.

We're reaching out to all the governing bodies to start making connections because we want to do it right, and make sure our coverage is as sports want it. We want it to be collaborative and inclusive. As Channel 4 have the UK rights to broadcast the Paralympic Games, we want to produce content that shows the build-up to the Games across all platforms. We'll be covering topics that people struggle to talk about, like funding and classification, and on the flip side, have behind-the-scenes interviews with athletes so the public can get to know them as people, not just elite athletes. We want them to be in the spotlight all the time, not just when the Games or other big events are on. Everyone we've spoken to so far has been really excited about the potential of our channel – we'd love to turn athletes into household names. I recently booked Jodie Grinham to do a podcast!

I'm only 24 but I've a great mentor in Simeon Wakely who set up the Channel and who understands what I can offer in terms of sport and media knowledge. In the Thailand tournament in 2014, I competed in a mixed team with John Cavanagh – he was the oldest and I was the youngest; that made me realise that I could still focus on my education and career because I still had years ahead of me. I wouldn't have the job that I have now if I hadn't had that Plan B. But it's exciting to know that the door to archery isn't shut.

Why would I recommend archery to people with disabilities? Archery can be adapted – you don't have to be strong. It's given me psychological strength and that's been important for me outside of sport as well. That's why I'm such an advocate for archery, even when I haven't physically been able to do it. It does so much more for you than you'd ever think possible. 🍷

For more information about the Disability Sports Channel, visit

🌐 www.disabilitysportschannel.co.uk

my skills, but then had a shoulder injury which led to more surgery. Everything I'd worked for disappeared overnight, including the chance to qualify for the Rio Games.

I have great memories of 2014 – it was a blast! Travelling and meeting different people was great. That aspect alone was just as important to me as the competition; it was nice being around people who had all kinds of different disabilities and conditions, yet once on the shooting line, no one seemed disabled in any way. It was really empowering.

As well as the shoulder surgery, I had a hip replacement in 2019 because I wanted to be in the best possible physical condition before returning to archery. I was training and doing well – shooting 50m indoors at the university campus where I'm finishing a degree in media production – but then had to shield from Covid. I'm hoping by the summer I can get back to my home ground at Cleve Archers, who have been amazingly supportive throughout my time with them, despite some absences due to my health. I think that once you try archery you can never really leave it behind, no matter how long a break you have from it.

I used to love shooting at indoor tournaments because it was the only time I could be on a similar level to the standing compound archers; being a W1, my poundage was always very low but at 18m on a FITA target face, the poundage didn't matter quite so much. I was shooting a compound bow with a recurve sight and no peep sight, so it felt like I was on a par with the standing archers with scopes and peep sights. Archery is a mind over matter game, and though I'm not physically strong, I can at times just get ahead or match my competitors through mental resilience. There's not many sports where that's the case.

I've been busy over lockdown, finishing my degree course in media production at SGS College in Gloucestershire, which I started after my operation. Prior to that I had a summer placement at the BBC and they kept me on for a few years afterwards. I eventually went freelance but felt I needed more training before beginning a media career. I've just started a new job as Multimedia Director for the Disability Sports Channel. It's a new platform that will put



COMPOUND Q&A: SPINE ANATOMY

Words: Duncan Busby



Could you explain what the spine numbers on an arrow mean and how to tell if they are too stiff or weak? Also, when I use an arrow chart I always seem to end up between spines. When this happens, should I choose the weaker or stiffer spine?

AN ARROW'S SPINE is a reference to how much it will flex when under pressure; a weaker spine arrow will flex more than a stiffer one. Arrows have two spine measurements: a static spine and a dynamic spine, which refer to the amount of flex in the arrow when force is exerted both manually and in flight.

An arrow's static spine is calculated by suspending an 880 gram weight from the centre of a 29" shaft, which is supported by two points 28" apart. The amount of flex is measured in inches, then multiplied by 1,000; manufacturers then give these ratings as a number such as 550 or 400, which is the amount that arrow flexed when tested. For example, a 400 spine arrow flexed by 0.4", while a 1,000 spine arrow flexed by a whole inch, so the higher the spine number the weaker the arrow.

An arrow's dynamic spine, which is the way it will react when shot, is much more complicated as there are so many variables that come into play. Almost anything can affect an arrow's dynamic spine, from shaft length to point weight – even your shooting style or release aid can make a difference. So while you should choose arrows recommended for your set-up based on the manufacturer's spine chart, you may still need to adjust their stiffness in order to find your ideal arrow spine.

Although they simplify the selection process, manufacturers' spine selection charts will give you a good idea of which spine is most suitable for your set-up, and therefore the one you should initially choose.

There are several ways to tell if an arrow is too weak or too stiff for your set-up. Paper tuning and bare shaft tuning are the usual go-to methods when fine tuning your arrows, but both these tests can be influenced by many other factors. Often, the easiest way to diagnose arrow spine is to look at the grouping characteristics of your arrows. An arrow which is too weak for your set-up will behave very differently than one which is too stiff; weaker arrows have a tendency to group fairly well at longer distances but not so well at shorter ones. They will also react badly to poorly executed shots – you may make five good

shots and get a nice group of arrows, but the one you shot badly will be much further out from the group than expected.

Stiff arrows, however, tend to group well over shorter distances but open out a little more at long range. On the plus side, they are a little more forgiving of bad shots and give you a more predictable, if slightly open, group.

When selecting arrows, I would always advise going slightly stiffer rather than weaker. In the long run, a stiffer arrow will be easier to tune and will often give more predictable results.

So if you find yourself between spines on the chart, go for the stiffer one but cut the shaft a little longer than usual. The extra length will weaken the arrow's dynamic spine, making it a better match to your bow, and if you do need to go stiffer after testing, you'll have plenty of room to cut the arrow down.

"In the long run, a stiffer arrow will be easier to tune and will often give more predictable results."

► You can find more advice at www.duncanbusbyarchery.com

Why coach?

After a year of stop-start archery, many coaches have had to adapt to suit the socially-distanced situation. With more normality within reach, we asked *Mary Watson* of Peacock Archery to outline some of her methods for coaching on and off the range

People decide to become coaches for many different reasons – it's a calling for some, while others just seem to find their way into it by happy accident. Whatever the route in, the coaches out on the range (or temporarily stuck behind a computer screen under lockdown) all share the same passion and dedication.

For Mary Watson of Peacock Archery in Cambridgeshire, her archery journey falls into the latter category. She first picked up a bow in 2009 and describes her time in the sport as "all-consuming", having transitioned from beginner to County Coach in 12 years, co-founding her successful club with her husband, Philip, an Archery GB Senior Coach who trains Jaspreet Sagoo, winner of the 2019 National Tour.

Recalling their first experiences in the sport, Mary said: "With our daughter about to leave home for university, Philip and I thought we should find a shared hobby. He was already familiar with archery as an adventurous activity he'd taken his Scout Troop on. We joined our local club, which had only a few active members who shot, and became involved in helping to revive it, eventually qualifying as L1 coaches to run beginners' courses."

The level of expertise the couple have reached is remarkable, seeing as when they started out in the sport they'd received little formal training. Mary said: "There were no coaches at the club we first joined. We had some basic instruction from the Chairman, who was busy enough just trying to keep the club afloat, and the rest of our knowledge came from bits of advice and guidance from other archers. We eventually joined some Personal Performance Courses run by AGB Senior Coach David Redding and his team, held at Lilleshall, which really helped, and which at the same time showed us ways that coaching could be delivered."

After completing their L1 coaching course in April 2011, the couple soon saw success with their beginners' courses, bringing in many more members. As those beginners improved, they needed to keep up so did their Level 2 course in 2013. Mary said: "We started mentoring others in the club who were just starting their Level 1 coaching courses, and because several archers we'd

coached were continually improving, we decided to take the County Coach course in 2015. After achieving our County Coach qualification, we both took on paid coaching work, while still doing our club coaching for free, which we've always included in the membership fee. The paid coaching we offer is mostly when someone might want a couple of hours of private instruction at a more intense level."

When Philip was made redundant, the couple decided to focus on archery, with Philip becoming a full-time coach and Mary part-time, while running the biggest archery club in the county. Despite Covid, the club still has just over 100 members, and there's a waiting list of 70 people for beginners' courses.

Making it pay

It's not easy. Mary's part-time accountancy job helps cushion the lean times, and she acknowledges that her and Philip's stage of life, with decades of steady employment under their belts, has given them more financial freedom. She said: "Most of the coaches we work with have other jobs just because it is so hard to make a livelihood from it alone, unless you diversify somehow. You have to be realistic about the work that will bring in the money. There's no money in performance coaching – archery doesn't allow you to charge enough to make that viable. Our income is from have-a-go events with corporate groups, stag and hen parties, and coaching contracts with local educational establishments and Peacock Archers. Have-a-gos make the most money but you have to be prepared to cater for the general public. It's far from easy work!"

"We've never advertised; it's all been word of mouth and making sure our website is at the top of Google rankings. We're also very busy with schools: throughout the school term we run sessions at after-school clubs and many schools also run an Activities Week just before the summer break, so it's non-stop. That then rolls into the summer season which is full-on too with various events on top of the normal club sessions. We have been known to camp at the range!"



Coaches can see how well archers are improving, help make club sessions more enjoyable and tailor them to whatever the archer wants

BELOW: Mary leading a Boost coaching session, pre-Covid



MAIN PIC: Mary Watson setting up a beginners' course with her daughter, pre-Covid **INSET:** At the pre-Covid Freshers' Fair at Anglia Ruskin University



During lockdown, we have been attending all sorts of training webinars including AGB, SCAS and lots of free ones from assorted providers

And prepare to work all hours. "To make it financially viable, we've had to work unsociable hours, as many people want to do archery after school or after work and at weekends. We've got into the habit of doing our paperwork and equipment maintenance in the morning, as the majority of events we're asked to do are in the afternoon. It's definitely not a 9-5 job and you have to love it. We care about getting it right and don't cut corners, and we truly believe in our tag line: quality coaching for everyone."

Always learning

Covid-19 has led to more people using technology intensively and in new ways, and the Peacock Archery coaches have embraced it. Mary explained: "I jump on any opportunity for further training. During lockdown, we have been attending all sorts of training webinars including AGB, SCAS and lots of free ones from assorted providers – and after the webinars we encourage any of our coaches who wish to chat to join a Zoom call to review what we've just learned. It's kept coaching alive during the pandemic but it can't compare with the face to face coaching conferences where everyone's throwing around ideas. In a casual chat with someone, you can learn something as simple as a better way of communicating a complicated concept."

Member retention

Mary firmly believes that the way to keep archers is through coaching. She said: "Coaches can see how well archers are improving, help make club sessions more enjoyable and tailor them to whatever the archer wants/needs, whether it's prep for their first competition or steps for improvement. You've got to understand

RIGHT: Mary and her daughter set up a classroom to teach archery scoring



your archer, and know what they want from their archery, whatever their level. There's no one-size-fits-all, and sometimes it may be necessary to be a bit blunt while guiding them in a better direction, if someone has unrealistic goals.

"Sometimes you have to outline what is achievable in an allotted time frame and act as a guide, as some people aren't sure what to expect from a coach. Above all, make it fun!"

Women in coaching

"There are still times when women deal with sexism in the sport, both as archers and coaches," said Mary. "That's where it can really help to have a support network to share experiences and find ways to resolve issues. No coach should ever feel isolated."

Peacock Archery has twice as many female coaches as male and within Peacock Archers, the ratio is about 50:50. In Cambridgeshire, a third of the coaches identify as female. Mary said: "I never think in terms of age or gender – I just see archers or coaches (or sometimes they are



both!). We encourage anybody to become a coach. I'd tell a budding coach to watch us run a beginners' course and shadow one of the coaches to see if it's for them. Our coaches are very generous with their time and will happily oblige and encourage a would-be coach to start thinking like one. If anyone's serious about doing their Level 1, we'll take them through what's involved so they know what they're letting themselves in for. We're there to support them all the way. Our coaches are at different stages but all are keen to improve, going on to their Level 2 and beyond – and we continue to mentor and support them. I think that support makes a big difference."

Mary is a longbow archer, ranked sixth in the UK, and loves the opportunity to help bring on fellow longbow archers whenever she has the chance. She said: "My next personal goal is to break into the top five rankings – though finding time to train will mean some very early starts!"

Want to be a coach? Visit www.archerygb.org/coaches-judges-volunteers/about-coaching for more information.



BACK² BASICS



Produced in association with [Wales Archery](#)

THIS ISSUE: FIELD ARCHERY

We all need a little help now and again. That's why we're running this series of back to basic guides by [Adam Lewis](#) of **Wales Archery**

START >>

Field archery is very different to what we call target archery. World Archery sums it up best in their description of this popular activity:

'Field archery is the discipline of shooting at stationary circular targets of different sizes set at varying distances, heights and angles around a course of natural terrain'.



Fitness

As mentioned, field archery is shot over natural terrain with some shots being up- or downhill, which of course involves quite a lot of walking. The courses themselves can be pretty challenging if you are not used to it. I know plenty of people who got into field archery for the exercise alone!

Change of scenery

One of the nice things about field archery is that when you turn up to shoot at a new course, unlike target archery you don't know what to expect – the terrain is always different from one course to another. One venue might be very hilly with some extreme angles, others might have a shot from a quarry cliff or over a body of water. You can see what prolific course designer Gerald Farrell has to say about some of his creations in the summer 2020 issue of Archery UK.

A new challenge

Field archery presents some unique challenges that you won't find on a traditional target round. First of all you need to learn how to judge distances for your unmarked shots. When you know your distances, having a shot up or down a hill can be very challenging if you're not used to it. Some people advise adding or removing five per cent but the best way to work this out is to just go and shoot it.

The other big change will be in your archery stance. Not only will it

Archers shoot over distances of between five and 60 metres at yellow and black targets. The distances of the targets can be marked (known by the archer) or unmarked (unknown by the archer), making the ability to judge the range of the target valuable.

The additional skills required to succeed in field archery – including distance judging, shooting uphill and downhill, dealing with changing light conditions and challenging terrain – are collectively known as fieldcraft. Sound exciting? Here are a few more reasons why you might fancy giving it a go:

Right: Field archery courses are often very creative, making the most of natural settings



have to change with the environment but sometimes on rare occasions you might not be able to stand at all, as demonstrated by Molly, pictured right (inset). To overcome this, just make sure you can set yourself in as stable and comfortable position as possible. If you are shooting with a sight, make sure your sight picture and anchor are still the same, as it is easy to get a bit forgetful when we're in awkward positions.

Equipment set-up

Depending on your style of shooting, you will be shooting from much closer distances than in a traditional target round owing to all the other challenges field archery presents. As such, we can make some changes to our equipment to give us the best possible results.

Bow weight

Due to the shorter distances, we don't need high bow weight to reach the targets. That said, if you are shooting a heavier poundage bow, your arrow speed will be quicker, which helps in the unmarked rounds where judging the distance will be less crucial. If you are gap shooting, which is aiming with the point of the arrow – normally associated with barebow and longbow – a heavy bow weight will mean most of the time you are aiming in front of the target to get the arrow to hit the face. This can lead to an inconsistent aiming point, whereas if you are shooting lower poundage you will be aiming closer to the face or just above it, giving a much easier point of aim.

When shooting freestyle or compound, as we have adjustment on our sights we don't need to think about dropping our weight. As aforementioned, faster arrow speed does not punish you as much for your unmarked distances. For more information on barebow string walking, check out the last two articles on the Wales Archery website:

- **Understanding string walking:** <https://walesarchery.com/blogs/news/back-to-basics-barebow-string-walking>
- **How to reduce your crawl:** <https://walesarchery.com/blogs/news/barebow-archery-how-to-reduce-your-crawl>



Arrows

While speed can help with the unmarked round, what we really need is a forgiving set-up. No matter the bow style, due to the shorter distances being shot, we can go from our smaller vane/feather size and increase it from a fletching that was 1¼ inches to something more like three inches.

This will straighten up our arrows quicker, resulting in a more forgiving shot. With all the other challenges of field archery, I for one will take any help I can get!

▶ **If you have any questions, please drop Adam a line at AdamL@walesarchery.com www.walesarchery.com**

ADVICE ZONE

FORWARD THINKING



The past year has been hard for many, so where is the silver lining? Personal trainer *Lucy O'Sullivan* considers the hopeful return to the range

By lowering the poundage weight of the bow, you should be able to avoid shoulder injury. I always think of it in terms of other sports: you wouldn't run a marathon if you hadn't run in a year, nor would you squat 100kg if you hadn't squatted in a year, so why shoot a 60 pound bow if you haven't shot in a year?

The next thing I'd recommend is getting generally strong. Since the third national lockdown began in England, I've been loading up 'Workout Wednesday' videos to the Archery GB YouTube and Facebook pages for you to try, in the hope that it will keep you healthy, fit and strong during the winter and prepare you for the summer. Check them out. They are different every week: some are core correctors and some are HITT-type workouts. If you are not physically well and active, you are more likely to get a sports injury, so before returning to it please prepare your body.

Mental preparation is next. Why wait to shoot when you can mentally rehearse your shot from the comfort of your sofa or bed? Visualisation is one of the most used of the psychological skills by Olympians and top business people.

Think of it in work terms: before a big presentation you will probably imagine the board room – who will be there, where they will sit, and what you are going to say in the meeting. We are already used to rehearsing for work, and can utilise these skills for archery too. If you are unable to practise, try it in your head. Imagine you are at Lilleshall, think about the sounds you can hear, the smells in the air, the feel of the bow in your hand, and what

you can see. Try using as many senses as possible to make your practise feel as real as possible. Then imagine shooting: what do your feet look like on the ground, how does the bow feel? Let yourself get carried away with your mental rehearsal.

And lastly, don't forget to give your bow and archery workshop a bit of TLC. I recently opened up all my cupboards, bow cases, tool boxes – the lot! I placed it all in one big pile and decided what I did and didn't need. I have sold (eBay etc.) and given away the stuff I don't need, the stuff that doesn't bring me 'joy'.



...you wouldn't run a marathon if you hadn't run in a year.... so why shoot a 60 pound bow if you haven't shot in a year?

If you throw away something now and need it in six months' time, at least you can support the local shops by re-buying the object, or borrow that item from friends. More importantly, you'll save space in your house through decluttering. It sounds weird but I promise you'll feel so much better not having 100 unused tools lying about getting dusty. It frees up space for the items you actually need and will use more regularly. Try these things out, and best of luck on your return to our beloved sport.

The restrictions to our freedom have made us want to practise and compete in our sport more desperately than ever, which is incredibly powerful. If you were thinking of quitting archery before Covid arrived, this time apart from our sport may have even changed your mind.

So how do we return safely to our sport? Well, first things first – if you haven't shot in a while, you may well be weaker than before. My first tip would be to lower your poundage. If you shoot recurve, maybe borrow some weaker limbs to help you build up your strength. If you shoot a compound, I'd suggest the first thing to do is to wind down your poundage (but check your draw length while doing so). If you are a traditional archer, consider getting a lighter bow or shooting fewer arrows than usual.



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Or visit Lucy's website for more information about personal fitness training programmes:

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and @strengthbylucy

EMPOWERING ARCHERY™



Archery GB's new online workshop for all volunteers

Learn how you can create the best environment for your club members, archers, and volunteers.

Empowering Archery™ focuses on how to optimise people's experiences of archery and help them achieve their goals.

This workshop is for anyone involved in coaching, running a club, and officiating; as well as parents of young archers and people who are thinking of taking up a role in archery.

The workshop is delivered in partnership with the University of Birmingham. Its major strength is that the content and approach are theoretically based, informed by past research, and has been proven scientifically to make sport more enjoyable, engaging and health-conducive.

"This was one of the most enjoyable courses I have ever done. I am a teacher by profession and I am pleased to see this kind of content being made available to all, not just professional educators".

Empowering Archery™ Part 1

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Ideal if you are thinking of taking up a role or already have a role supporting archery.

Topics covered:

- ▶ Health Benefits of Archery
- ▶ Motivational Climate
- ▶ Building Blocks for an Empowering Climate
- ▶ Create an Empowering Climate

Completed over 2 x 2hr live and interactive online sessions

Empowering Archery™ Part 2

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Ideal if you are experienced in your role and have completed Part 1.

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- ▶ Understanding Motivation
- ▶ Building Blocks for an Empowering Climate
- ▶ Climate Dimensions
- ▶ Monitoring Your Climate

Completed over 2 x 2hr live and interactive online sessions

*Empowering Archery is provided in two parts; you can opt to complete just Part 1, and go on to complete Part 2 at a later date (if you want to), or complete Part 1 and 2 together. *Completion of Part 1 counts towards your qualification as a Session Coach (Level 1); completion of Part 2 counts towards your qualification as a Development Coach (Level 2). *Completion of Empowering Archery counts as CPD towards your coach license renewal.

To book your place on an Empowering Archery™ workshop, go to <https://agb.sport80.com> or visit www.archerygb.org/coach for more info

NEW PRODUCTS

KITBAG

Fancy some retail therapy? Check out the latest archery products on the market



Scott Archery Apex

Reaching the pinnacle of release design, the Apex from Scott Archery delivers comfort and confidence at full draw, while offering numerous options to match your shooting style. Target-inspired, the Apex combines tight tolerance and engineering expertise to deliver ultimate accuracy. Three- and four-finger extension offerings are included which have 50 degrees of angle adjustment. The adjustable micro travel trigger tension and additional large thumb barrel deliver performance custom built for you.

Features: Nickel-plated ergonomic brass handle, open auto return hook design, available in large and medium, adjustable trigger tension and travel, three- and four-finger adjustable extensions included, improved cocking mechanism, includes additional/ interchangeable thumb barrel.

MSRP: \$279.99

Available from your local Scott Archery retailer or online at www.scottarchery.com

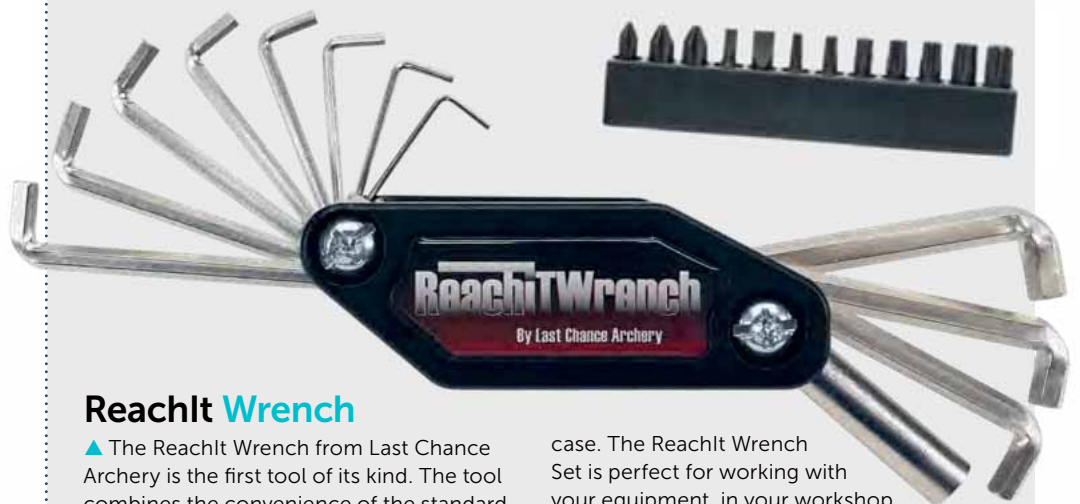
Custom Bow Equipment CX5

The new CX5 from Custom Bow Equipment delivers versatility in a lightweight, compact and durable package. Easy to use and reliable, the CX5 includes 12" of fibre optics and a total of four interchangeable peep alignment rings for greater visibility in low light conditions. It comes with a Rheostat light, second and third axis adjustment, four peep alignment rings, and weighs less than nine ounces!

Features: Ambidextrous design for left- and right-handed archers, new lightweight design – carbon fibre extension dovetail sight bar, .019" blade pins with 12" of fibre optics per pin, five-pin housing – laser engraved for precise pin adjustments, second and third axis adjustments, micro elevation and windage housing adjustment with laser engraved marking, multiple mounting positions for elevation and windage adjustments, fully machined aluminium construction.

MSRP: \$169.99

Available from your local Custom Bow Equipment retailer or online at www.custombowequipment.com



ReachIt Wrench

The ReachIt Wrench from Last Chance Archery is the first tool of its kind. The tool combines the convenience of the standard hex key set with the uniqueness of 'stubby' hex keys. ReachIt Wrench is explicitly made for reaching screws inside tight spots. Other ReachIt Wrench features include a hex bit socket that can hold any standard hex bit, an assortment of hex bits, and a carrying

case. The ReachIt Wrench Set is perfect for working with your equipment, in your workshop, around your home, or as part of day to day activities.

MSRP: \$39 + shipping

www.lastchancearchery.com



Custom Bow Equipment's CX5 is lightweight and versatile



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▲ This wrist strap-style release can be shot two ways: a pull-thru or relax trigger method of activation. To shoot as a pull-thru-style release, begin by setting the release five pounds over your holding weight at full draw. Simply draw the bow with the thumb and index finger tension levers tightly depressed throughout the drawing of the bow. When full draw is achieved, remove pressure from the thumb and index finger tension lever and 'pull thru' the shot; when five pounds above your holding weight is achieved, the release will fire.

For a relax-trigger style of activation, set the release five pounds less than your holding weight at full draw. Simply draw the bow with the thumb and index finger tension levers tightly depressed throughout the drawing of the bow. As you relax pressure on the thumb and index finger tension levers, the release will fire. The holding weight of your bow is greater than the release setting, causing the release to fire.

To set the release in either method, loosen the lock screw on the side, then adjust the draw weight adjustment dial to your desired weight. T.R.U. Ball suggests an electronic archery pull scale to set this release, and the same scale to check your bow's holding weight, to be consistent.

PRICE: \$199.99

www.truball.com

► The Elite Remedy is available in 13 colours

Elite Remedy

► The 2021 Elite Remedy combines the ASYM Tri-Track Cam System, VersaMod rotating module, and S.E.T. technology into a 34" axle-to-axle bow. Designed specifically for those who prefer a slightly longer ATA, the Remedy maintains Elite's promise of a comfortable shooting experience while accommodating longer draw lengths of up to 31". Combined with dual-riser cages and the form, fit, and finish Elite is known for, the Remedy is a smooth-drawing and easy-to-aim solution for 2021.

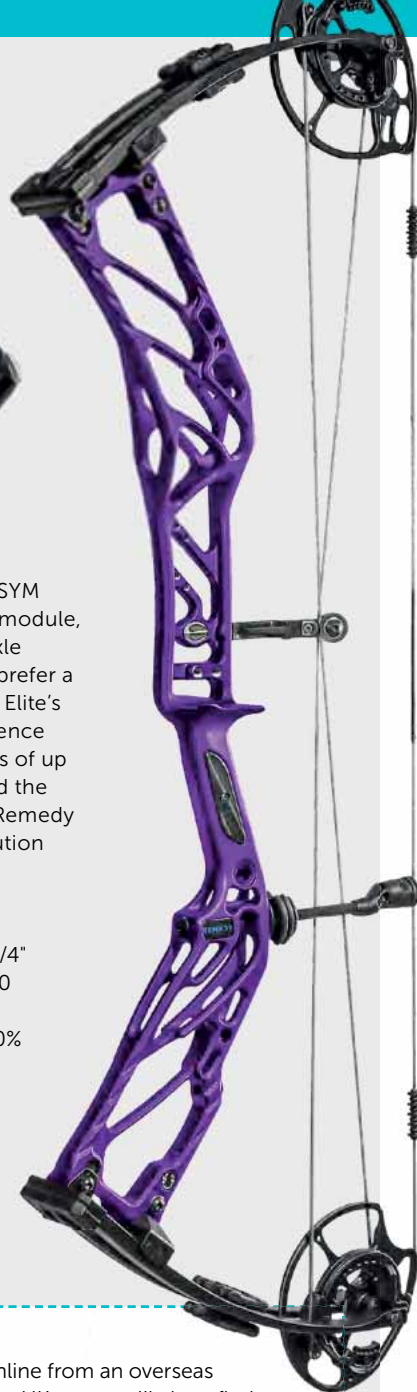
Features: Axle to axle: 34", brace height: 6 3/8", draw lengths: 24" - 31" (adjustable in 1/4" increments), peak weights: 40, 50, 60, 65, 70 pounds, let off: 70% - 90% , mass weight: 4.6 lbs., IBO speed: 331 fps (measured at 80% let off).

MSRP: \$1,099.99

The 2021 Elite line-up is available now at dealers nationwide. Visit www.elitearchery.com/dealer-locator to find your nearest Elite dealer.

NOTE: IMPORT DUTY AND VAT

Please be aware that if you order goods online from an overseas supplier which have to be imported into the UK, you are likely to find yourself liable for both import duty and VAT on top of the original retail cost.



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◀ You've got this in your pocket! The new Bohning Pocket Quiver provides a safe, convenient, and secure way to carry field-tipped arrows. The versatile Pocket Quiver holds six arrows of any diameter and can be slipped into a back- or hip pocket, or attached to a belt or pack strap. With the integrated anchoring clip, it stays securely attached and gives you quick and easy access to your arrows.

Look for the Bohning Pocket Quiver at your local dealer this spring.

RRP £19

www.bohning.com



HANDICAP IMPROVEMENT

MEDAL WINNERS

Name	Club	Starting Score	Ending Score	Improvement	Name	Club	Starting Score	Ending Score	Improvement
Emma Mooney	Goldcrest Archers	60	34	26	Talan Skeels-Piggins	Surrey Bowmen	48	40	8
Stuart Hickenbotham	Bowmen of Darenteford	76	52	24	Paul Minness	Ivanhoe Archers	62	55	7
Imogen Flitter	The Nonsuch Bowmen	74	53	21	Rikki Teml	Tockington Archers	20	13	7
Amelia Rosenberg-Powell	Goldcrest Juniors	78	60	18	Barry Friendship	Osprey Archers	60	54	6
David Smith	Aequus Archers	45	29	16	Jensen Jensen	Alsager Company of Archers	59	54	5
Julia Oliver	The Hertford Company of Archers	80	65	15	Joseph Griffiths	Abbey Bowmen (Herts)	57	52	5
Michael Monk	Plumpton Bowmen	65	51	14	Tammy Lai	Royston Heath AC	56	51	5
Oscar Fenik	Valley Bowmen of Huddersfield	51	38	13	Alison Green	Gravesend Archers	62	58	4
Sue Mitchell	Abbey Bowmen (Herts)	73	60	13	Erdenechimeg Luvantseren	Royal Richmond AC	53	49	4
James Earl	Maidenhead Archers	45	34	11	Ian Clark	Bowmen of St Mary's	13	9	4
Adrian Sidebottom	Stalybridge AC	78	68	10	Dave Slatter	Archers of the West	50	47	3
Hayden Cook	Grey Goose Archers	59	49	10	Grace White	Abbey Bowmen (Essex)	55	52	3
Nigel Fosker	Peacock Archers	53	43	10	James Bonfield	Kestrels AC	59	56	3
Derek Whittingham	Cheshire County Bowmen	22	13	9	James Caveen	Lichfield Archers	37	35	2
Ellen Bonner	Bowmen of Guernsey	66	57	9	Harry Green	Gravesend Archers	65	64	1
Eve Ward	Allscott Heath Archers	100	92	8	Sean Burgess	Bayeux Bowmen	24	23	1
Jason Fellowes	White Rose Archers	72	64	8	Some clubs award two medals, one to under 18s and one to over 18s				
Lorraine Elder	Bognor Regis AC	72	64	8					

RULE CHANGES



RULE CHANGES

Recap of recent Rule Changes

Covid-19

Due to Covid-19 there have been some changes to the way archery is undertaken. The following were implemented immediately. We encourage everyone to download the Rules of Shooting from the website to ensure that you are using the most up to date copy.

- Rules 301 (b) & 402 (c) – Temporary amendments to minimum spacing of target bosses
- 302 (d) – Access and visibility – clarification on use of floodlights to ensure that the whole of the safety area is visible to the field captain

Appendix B Minimum Standard of Judges – this appendix has been updated to reflect how judge and tournament operations now work. These changes came into force from 1 December 2020.

Proposed changes

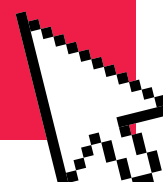
The following proposed changes were published in the Autumn 2020 edition of Archery UK on page 27. Any feedback or comment should be sent to rules@archerygb.org. Depending on the feedback, changes will be implemented in April 2021.

Gender Neutrality – The Gender statement at the beginning of the Rules of Shooting will be removed and all mentions will be referenced with gender neutral wording, without changing the meaning of the original intent of each rule.

Recognised Rounds – Some round names discourage archers from shooting a round that suits their personal circumstances. The proposal is to remove specifically any round name with Junior in it.

Approved Scoring Systems – 306 (b) & (c) – amendments to support scoring using electronic means. Appendix A is also amended.

Online registration for events Please visit www.archerygb.org and search 'Registering Competitions' for our handy guide on the subject.





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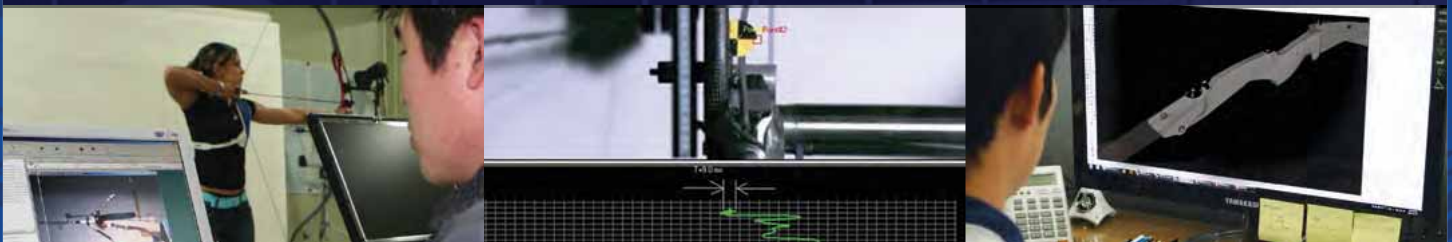


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