



## Compton Archery - December 2018 Newsletter

[compton.archery@gmail.com](mailto:compton.archery@gmail.com)

<https://www.facebook.com/Compton.Archery/>

### Welcome to the December Newsletter!



Happy Christmas to all our Compton Archers, families, friends and supporters!

We're planning an archery Christmas Special on **Saturday 15<sup>th</sup> December** so we hope you'll come along for some more fun and games similar to the Halloween special (albeit with the lights on this time!). We were very lucky to win a bumper Christmas target pack from Egertec (who make the straw targets we use) so we'll be looking forward to making the most of those and will have the usual prizes and treats for everyone!




We commonly get asked questions about buying archery kit for Xmas presents around this time and we're very happy to answer them. If you want any help choosing archery gifts for yourself or friends, children etc, then please just email [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com) and we'll do our best to help.

If you'd like us to include or cover anything specific next month please let us know at [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com).

### Hall of Fame



Well done to the following archers who have achieved some great results in recent weeks:

	Jon Lockey	Portsmouth PB (1 <sup>st</sup> Dec)
	Stuart Walker	WA18 PB (1 <sup>st</sup> Dec)
	Leon Smith	WA18 PB (25 <sup>th</sup> Nov)

Special congratulations to Leon Smith who took part in the Oxfordshire County Indoor Championships on Sunday 25<sup>th</sup> November and finished 8<sup>th</sup> overall and qualified for the head to head matches. He was knocked out by the 5<sup>th</sup> seeded archer in the UK(!) who went on to win the competition. Some pics from the event below. With our newly acquired Archery GB affiliation we're hoping to take a Compton Archery team to competitions like this in 2019 so please let us know if you're interested in that. They are very friendly and it's a great way to learn from others.





## Osteopathic techniques for archery.



Some of our archers went along to Oxfordshire archery on 24<sup>th</sup> November for a lecture on archery related posture and injury prevention with Osteopath Kathryn Parkin. There was some good feedback received so it's well worth going along the next time a similar event is run. Keep an eye on the Compton Archery Facebook page for similar events to this in the future.



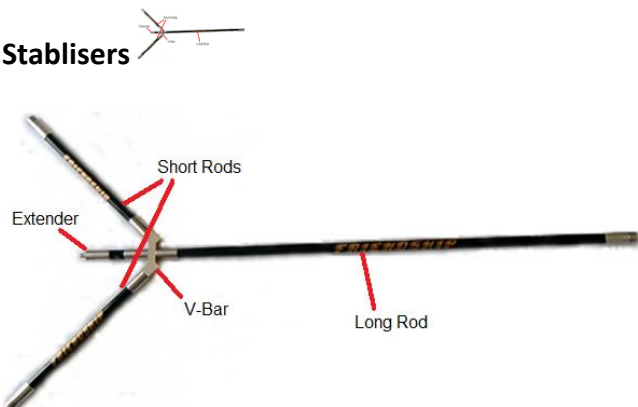
## 2018 District Scouts Archery Tournament success!



Compton Archery once again hosted the annual district archery competition for the beavers, cubs, scouts and explorers! We saw over 150 budding archers come through the doors on Saturday 17<sup>th</sup> November. It was a very busy day with some of our own experienced archers joining the team of cub and scout leaders to help make it a really successful day.

A special well done to our own Compton Archery Isobel Salway who won the Cubs competition.

## Stabilisers

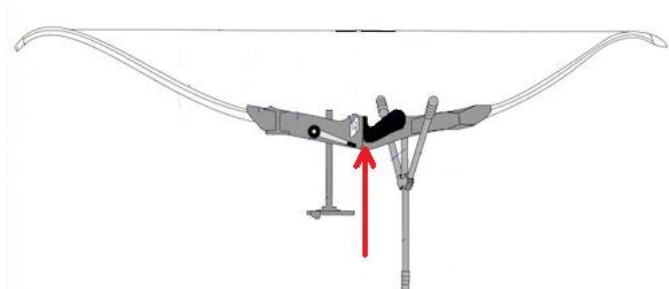


Stabilisers are a common upgrade once an archer has moved to freestyle and has started using a sight. The move to a sight, under chin anchor and split finger Mediterranean release will often go together. Stabilisation will normally come soon after or at the same time.

Stabilisers have a number of purposes. They add mass to the bow and subsequently more force is required to overcome inertia. This means that the bow will naturally be more stable throughout the entire shot process. The variable lengths and weights can then be set help to balance

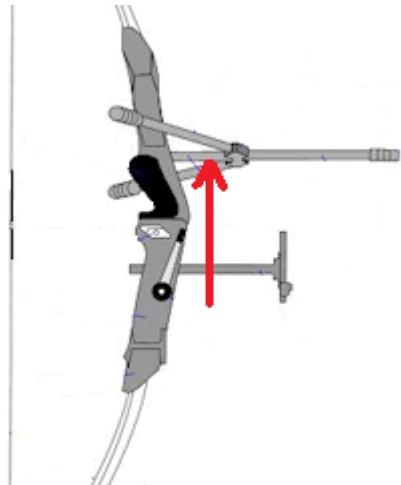
the bow at full draw, allowing the archer to bring the sight pin into the gold more easily. The bow should fall naturally onto the gold without the archer having to feel like they are wrestling it into position. They also help to remove any vibration from the bow after the shot, and finally will serve as a way of making the bow move a certain way after the shot aiding the entire shot process.

Stabilisers consist of four main parts; the extender, v-bar, short rods and long rods. Additionally you might add a top or bottom rod and/or an additional damper. Each of these items is highly customisable, coming in various lengths, weights and materials (and costs!). An 'average' type setup might consist of a 3" extender, a 45 degree v-bar, a 28" long rod and two 10" side rods, but there is no exact science to this – it's very much personal archer preference. However there are some basic guides for a starting setup. You can check the centre of mass of your bow and adjust your stabilisers to bring them broadly in line with a recommended point as follows:



Firstly, hang the bow with its long rod down and place a finger directly in front of the deepest part of the grip as shown. The bow should balance at this point. If not you might want to try adding a top or bottom rod or damper with a small weight attached to correct front and back and add/remove side bar weights to correct left and right. You will often have to add more weight on the side opposite

the sight to counteract the weight of the sight itself. Side rods will often come with multiple weights to allow for this straight out of the box.



Secondly balance the bow with your finger approximately 1" in front of the riser along the extender or long rod. You may need to add weights to the long rod, side rods or change the length of them to make this balance. Often archers will prefer the weight biased towards the end of the long rod so that the bow naturally falls consistently forward in the hand after release.

Unfortunately these are only baselines to start from – ultimately it comes down completely to archer's preference. A good starting point is to borrow some stabilisers and try them out, or visit an archery shop with a range and ask them if you can try various setups to see what fits best.

In terms of cost. A basic stabiliser set will cost under £100, with top end sets going for over £500. In our experience you won't actually notice too much difference in these until you've reached a high level so it's best to keep costs reasonably modest whilst you work out exactly what configuration you want. Concentrate on buying a set which is flexible, i.e. you can swap out parts for different sizes and sets that can take different weights. As ever, if you would like more help with stabilisers, please just ask one of the experienced archers.

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## Bow Setup & Tuning: In-depth Part 4 – Bare Shaft Tuning

In our bow setup and tuning guide part 1 we talked about arrow selection. In part 2 we covered brace height and tillering. In part 3 we covered limb alignment and centre shot. That's all the bow setup you can do without actually shooting it....now onto some that requires some actual archery!

The vanes on the arrow are there to stabilise it. As the arrow is released, the action of the air against the vanes will effectively push the rear of the arrow behind the tip and create a straight and level flight. The main purpose of bow tuning is to get the bow setup to a point where the arrows need as little correcting from the vanes as possible. In an ideal world, we'd like to be able to shoot arrows without any vanes and for them to be just as accurate. This way the bow is as forgiving as it can be and the only inconsistency in the flight of the arrow will therefore be introduced by the archer(!). We achieve this tune using a process known as **bare shaft tuning**.

For this process you do have to be shooting fairly tight and consistent groups at 20 yards. If you can't do this then it'll be hard to judge whether any inconsistencies are due to the bow tune or the archer. So we will assume you are grouping mainly into the gold at 20 yards on a 122cm face. You should also have selected the correct arrow spine for your bow as discussed in previous newsletters. Incorrectly spined arrows will simply not tune correctly.

*Note: shooting a bare shaft may well result in the arrow going substantially off target! Make sure you are using a net indoors or a backstop outdoors. Learn from our mistakes! 😊*

Firstly, shoot a group of 3 arrows. Then shoot an arrow without vanes, a bare shaft. Then shoot another 3 normal arrows and then another bare shaft. We shoot a couple of bare shafts to make sure we get a consistent result and not just a poor shot. The result should be a reasonable group of 6 arrows together and 2 bare shafts in a similar position to **each other** but not necessarily in the main group. If not, repeat.

Observe the position of the bare shafts. Their position will indicate what needs to be adjusted on the bow. The

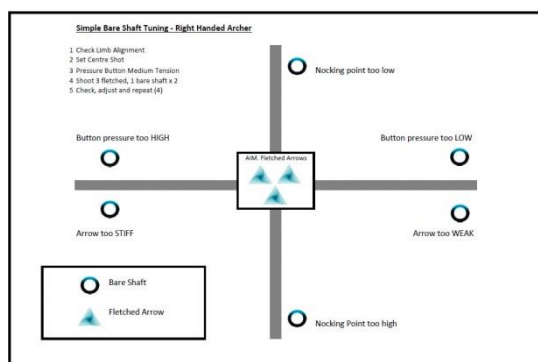


diagram on the left gives an idea of what might need changing.

This is for a right handed archer, for a left handed archer the left and right positions would swap.

Firstly, check height of the bare shafts. If they have gone higher than the group then the nocking point is too LOW and should be raised. Do this by 1mm at a time, perhaps adding a single loop of nocking point thread each time. Alternatively if the bare shafts have gone lower than the group then the nocking point is too HIGH and should be lowered. Again, by very small amounts each time.

Get the bare shaft height tuned correctly before you move on.

Now examine the left and right position of the bare shafts. If the bare shaft has gone right of the group, this could indicate that the arrow spine is too weak or that the plunger pressure is too low. Assuming your arrow spine is correct (as discussed in a previous article!) you should first adjust the plunger pressure in single turns, making is stronger, until you see the bare shafts coming into the middle. You may need to change the actual spring inside the plunger button for a stronger one as appropriate. If you've followed the arrow selection charts then your arrow spine shouldn't be too weak however you can make small changes to the spine to make it stiffer by either reducing the length of the arrow or reducing the point weight. Assuming your arrow spine is correct,

Of course, conversely if your bare shaft has gone LEFT of the group your plunger pressure might be too HIGH and you should adjust it lower in single turns (or by changing the spring) until the bare shaft comes into the middle. Alternatively your arrow spine might be too stiff and can potentially be altered a little by using heavier points.

Most modern recurve bows do have a +/- 10% poundage adjustment via the limb bolts (as discussed in the previous article on setting the Tiller). Potentially these can be used to add or remove poundage to better suit the spine of the arrow also.

In a worst case scenario, you might need to swap to an entirely different spine of arrow to bring the bare shaft perfectly into the group.

Having shot a number of bare shaft group sessions and making appropriate changes, you should end up with the bare shaft consistently hitting the middle (or pretty close!) of the fletched arrows group.....and your bow is now in tune! Make a note of these settings. Remember that if you change any part of the bow – string, limbs, plunger, arrows etc then you will need to restart this tuning process again from the beginning.

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## Classifieds

A number of archers have spare kit for sale as a result of upgrades etc. Before you buy something new it's always worth having a word with Rick or Leon about potential 2<sup>nd</sup> hand kit available.

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## Warming up

Like any sport, warming up your muscles beforehand is absolutely key to your performance and prevention of injury. Here are a few good warm ups to do before you start shooting.



## Club Kit

Don't forget that club shirts can be purchased for adults and juniors with your choice of name on the back. These are locally produced professional sports shirts including Compton Archery logos and ideal for archery. See Rick for details and prices.



## Important Dates



Apologies for the mistake in last month's newsletter where we said that Saturday 17<sup>th</sup> November was a normal shooting day when in fact it was a Scouts event! We didn't realise until it was too late. We tried to re-organise Saturday to Sunday but it was too late notice for most people so we had to cancel it. Apologies.



Upcoming Friday shooting dates are: Friday 7<sup>th</sup> December and Friday 21<sup>st</sup> December

Upcoming Saturday shooting dates are: Saturday 15<sup>th</sup> December (**Christmas Special!**) and we are planning a session on Saturday 29<sup>th</sup> December if we have enough people wanting to shoot or for those that would like help setting up new archery equipment that they've received for Christmas. We'll keep you updated on this session.

We're trying to keep the Friday and Saturday shooting schedule fixed moving forward so that people can plan their archery sessions and in the future we will try and give more notice for any sessions that we have to cancel.

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## **The End.**

That's it for this month's Newsletter! We hope you've found it useful and informative. We'll try to keep them coming every month with more information and tips. In the meantime, as ever, email [Compton.archery@gmail.com](mailto:Compton.archery@gmail.com) with any questions no matter how ridiculous you might think they are and keep sending in those score sheets for 252 and National rounds and start claiming those club records!

We look forward to seeing you on the shooting line.

**Rick and the Compton Archery team.**

## Current Club Records

### Compton Archery Club Records



Round Type	Met/Imp	Age Group	Sex	Bow Type	Date	Score	Max	Archer	Home/Away	Location	Notes
Portsmouth	Metric	Adult	Male	Freestyle	26th Jan 2018	553	600	Rick Stephens	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Metric	Adult	Female	Freestyle	26th Jan 2018	519	600	Alice Banham	Home	Compton Archery	5d @ 18m in 60cm face
Long National	Imperial	Adult	Male	Freestyle	24th July 2018	482	648	Rick Stephens	Home	Compton Archery	4d @ 80y, 2d @ 60y in 122cm face
National	Imperial	Adult	Male	Freestyle	8th June 2018	530	648	Leon Smith	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
WA70	Metric	Adult	Male	Freestyle	31st July 2018	418	720	Leon Smith	Home	Compton Archery	6d @ 70m in 122cm face
Short National	Imperial	Adult	Female	Freestyle	14th July 2018	484	648	Alice Banham	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Imperial	Adult	Female	Barebow	14th July 2018	339	648	Natalie Allen	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Imperial	Adult	Male	Freestyle	11th Aug 2018	532	648	John Salway	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Junior National	Imperial	Adult	Male	Freestyle	14th July 2018	518	648	Jason Allum	Home	Compton Archery	4d @ 40y, 2d @ 30y in 122cm face
Short Junior National	Imperial	Adult	Female	Barebow	14th July 2018	452	648	Jenny Chapman	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Under 15	Male	Barebow	14th July 2018	476	648	William Croanne	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Adult	Male	Barebow	14th July 2018	441	648	Phil Howath	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Imperial	Adult	Male	Freestyle	3rd August 2018	535	648	Uwe Anton	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face

**Indoor Rounds** – Here are the most common Indoor rounds that we'll be doing at Compton...

Dozen at each distance						
Distance	18m	18m	25m	30m	20y	
Face Size	40cm	40cm special	60cm	80cm	60cm	Additional Rules
Archery GB Rounds						
Stafford				6		Full size face only
Portsmouth					5	Full face, 5 zone or triple face
Vegas		5				
WA Rounds						
WA 18	5					Full size or triple face
WA 25			5			Full size or triple face
Combined WA	5		5			Full size or triple face

The most popular round in the club is the Portsmouth and is used in many competitions.