



Compton Archery - October 2018 Newsletter

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

Welcome to the October Newsletter!

It's been a great start to the indoor season at Compton archery. Archers have settled back into indoor rounds really quickly and we've already had people smashing personal bests in both adult and junior rounds which is great to see. We certainly aren't writing off any more outdoor sessions, but it's definitely getting colder so indoors will become more and more likely. The clocks go back on Sunday 28th October and Sunset is now around 18:30 so obviously Friday evening sessions will always be indoors now, 18:45 until we finish which is normally around 21:30.

Remember to exercise some caution when you enter the hall as there will probably be archery in progress. Use the flag provided to indicate that you are waiting and the field captain will indicate when you can come in. Feel free to arrive to sessions 10 mins early to setup kit but be aware that previous sessions are still shooting and trying to concentrate.

Bear in mind that session times do sometimes change a little depending on whether we are running 2 or 3 sessions. Double check your email invite before a session.

Archers can continue with 252 badges as outside shooting allows and the 20 yard 252 badge can be won during indoor sessions, which is a good target for some of our new archers. Portsmouth, WA18 and Junior 16:60 rounds are the normal indoor rounds to shoot during the winter months and we're planning an indoor tournament for the end of the season in early 2019 so get practicing for that!

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

Halloween Special!



As has become traditional, we'll be having a Halloween special on **Saturday 3rd November**. Indoors or outdoors depending on the weather. We'll have some scary targets to shoot at, some fun games to play and plenty of prizes to win ☺ we hope you'll come along and join in the fun.

Hall of Fame



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

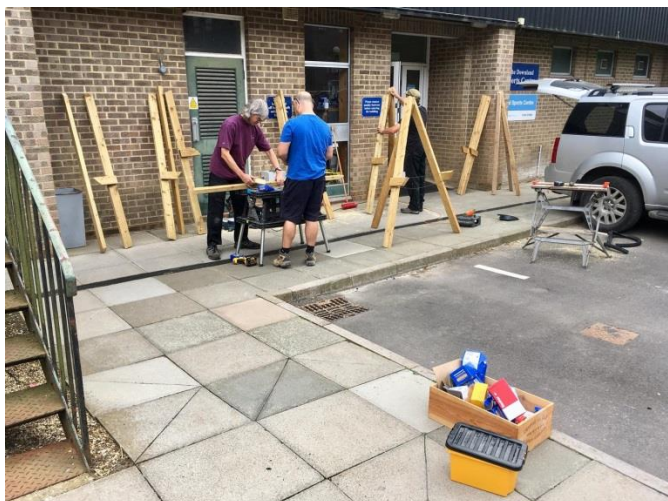
	Stuart Walker	Portsmouth PB (28 th Sep). 500 Badge
	Stuart Andrews	Portsmouth PB (22 nd Sep). 500 Badge
	Jason Banham	Portsmouth PB (6 th Oct). 500 Badge
	Helena Lomax	Junior 16:60 PB (22 nd Sep). 250 Badge
	Megan Lockley	Junior 16:60 PB (22 nd Sep). 375 Badge
	Rick Stephens	WA18 3-Spot Club Record (480)



New stands!



Over the summer we've been adding to our straw target collection. These have proved far better than the old layered foam targets that we used to use. We now have about 10 which should support us well, but we were very short of wooden stands for them. The stands take a lot of abuse and don't last longer than a few years. So a couple of weeks ago, Stuart, John, Leon and Rick spent a Sunday morning building some new ones. Many thanks for the help everyone! They are already in service and are looking awesome.



Archery & Target Etiquette



It's useful to be reminded about general shooting line and target etiquette from time to time and something our newer archers might not even be aware of. It can be especially important indoors where space is more limited.

We're all aware of the safety rules on the line; stand across the shooting line before doing any part of archery, don't load any arrows until the loose signal is given (single whistle), stop shooting if/when signal is given (two whistles) and then finally collect arrows when that signal is given (three whistles). All standard practice implemented by any archery club. But during your archery session there is also some common etiquette to be aware of.

Try to be aware of archers around you. Archers will normally try to use the same standing position for their session for consistency reasons, so it should soon be obvious who is shooting near you during every end. Archery GB rules dictate that you should have a minimum of 80cm to shoot within. This is a surprisingly small amount of space and not far off what we have during busy indoor sessions. It's not enough, for example, to nock arrows with your bow horizontal – you will be banging the archers around you. Try and get into the habit of keeping your bow vertical to load. During your actual shooting, you can largely ignore others around you – just concentrate on your own shot process and rhythm. It doesn't matter if those around you are at full draw etc, just shoot through your set of arrows in your own time. **However!** Once you have finished, don't just walk off the line! If archers immediately at your sides are at full draw it's courtesy to wait until they have loosed their arrows before you walk off the line. Essentially use your common sense! A final note here that at Compton Archery we would also stay on the line until the very end IF there is only one other archer still shooting, don't just leave them all alone. It gives them a bit of company until they

are finished 😊 You will often see Rick grab a bow and start shooting a few arrows if he notices someone alone on the shooting line for this very reason 😊

When shooting outside we tend to walk straight towards our own targets to collect our arrows simply due to the size of the range, but we should always be aware of any arrows that might have landed in our path or perhaps bounced out. If you see any arrows, please indicate to other archers that they are there and make them safe. Don't just leave them in the grass for others to potentially walk on and break. Arrows are more delicate than they look and they also have pointy ends!

When shooting inside, we always walk down the outside edges of the hall and approach the targets from the sides. This is due to the small size of the hall and the practical guarantee that there will be arrows lying on the floor. By approaching from the sides, archers tend to see the missed arrows sooner and not walk on them. Again, when you find a missed arrow, please pick it up and indicate to other archers that you've found it. There is nothing worse than spending valuable practice minutes looking for lost arrows when someone has actually already picked them up and forgotten to mention it.

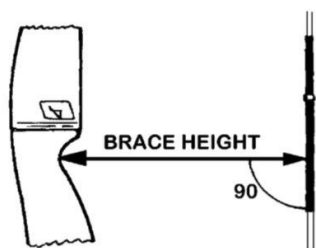
When you get to your target, don't instantly rush to score and pull all your arrows out. In a competition environment, you are not allowed to touch any arrows until all the scoring has been done and agreed. Try to follow a similar method during practice sessions. Do your own scoring, perhaps even ask other archers if they agree with your scores, but then check to see that everyone else has finished scoring before removing your arrows....actually ask the other archers "everyone ok to start removing arrows?". It re-enforces the good practice to other archers.

And finally, it's normally perfectly acceptable for a couple of archers to remove all the arrows from a target regardless of who shot them **as long as other archers are happy with that.** It's far easier for one or two archers to remove everyone's arrows from the outside in, rather than archers trying to reach around everyone else's arrows just to remove their own. In fact doing that will lead to broken arrows and injuries. Bear this in mind, especially when there are 3 or 4 archers sharing a target face.

And if you're ever not sure what the correct etiquette is for any parts of archery please ask someone! We were all beginners once and no-one expects you to know everything from Day 1 – we're all learning all the time.

Bow Setup & Tuning: In-depth Part 2 – Brace Height and Tiller

In last month's newsletter we talked about arrow selection. This month we'll touch on two very much easier to get right parts of bow tuning but still very important. First we'll cover brace height.



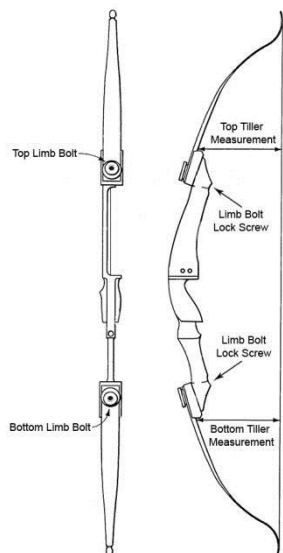
Brace height is the distance between the deepest part of the grip (or the middle of the plunger hole) and the string. You would normally measure this using a bow square clipped onto the string. Bow squares are incredibly useful and cheap bits of kit so worth having in your bag. But you can just use a tape measure or ruler!

Your bow will come with manufacturers recommended brace heights for different length limbs so that should be your first start. You can normally find instruction manuals on the Internet if you don't have them for your riser.

To actually change the brace height you add or remove twists to the string – adding them to make it shorter and thus increasing the brace height and removing them to make the string longer and thus decreasing the brace height. As a rough guide a 68" bow (25" riser with medium limbs) will have a brace height of around 22-24cm. There will normally be a 2cm or so range for your bow which is acceptable.

A brace height set poorly will often result in a very noisy bow. That's often a first giveaway, but it will also affect the speed of the arrow and the point at which it releases the arrow which will both inevitably lead to larger groupings, especially if the brace height is allowed to change over time. For this reason people will often tie the ends of their strings together or keep them clipped into a 'string keeper' to stop them un-twisting between sessions.

So let's now move onto setting the tiller of your bow.....



The top tiller and bottom tiller measurements are shown in the diagram. It's the distance between the limbs and the string where they initially meet the riser. Because as archers we don't actually pull the exact middle of the string we aren't applying exactly the same power to each limb. We therefore need to adjust the strength of each limb so that they are exerting the same power at release and move at the same speed. This will make for a smooth, vibration free shot and ultimately better groups. We alter the tiller by un-doing the limb bolts and either tightening or loosening them. (Note that you do this with the bow unstrung!) You would tighten a limb bolt to decrease the tiller or loosen the limb bolt to increase the tiller, or perhaps a combination of both. Bearing in mind that changing the limb bolts is effectively changing the poundage of your bow, you probably want to change them as less as possible, perhaps only by $\frac{1}{2}$ turn at a time. A good starting point is to make the top tiller $\frac{1}{8}$ " – $\frac{1}{4}$ " larger than the bottom tiller. When it's wrong you'll normally notice a good level of vibration after the shot as one limb is still

travelling after the first has finished. As you change the tiller you must also continually check the brace height as this will change as you do it. You also need to do this with the string **removed** so it's a fairly slow process of trial and error, stringing and unstringing, until you get it right.

This covers the basics of brace height and tiller. Both of these can be taken a step further for really expert levels of bow tuning but for the majority of archers, this adjustment will be enough.

Buying Kit

Buying archery kit can be a minefield, especially when starting out. Rick has written an excellent guide to buying new kit and covers all aspects including buying second hand from the likes of Ebay which can be extremely useful if you understand what to look for. If you'd like a copy or just some general advice please email

Compton.archery@gmail.com

It's also worth letting Rick or Leon know if you're in the market for something specific, e.g. new limbs or arrows etc and they'll keep an eye out for you.

Classifieds 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 2nd hand kit available. Right now there is a whole selection available from risers, limbs & arrows to full stabiliser setups! Huge savings to be had if you just ask, especially if you're looking for intermediate upgrades. As a rough guide, most 2nd hand gear is sold at half its retail price.



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



Upcoming Friday shooting dates are: Friday 12th October, and Friday 26th October

Upcoming Saturday shooting dates are: Saturday 20th October and Saturday 3rd November.

We're trying to keep the Friday and Saturday shooting schedule fixed moving forward so that people can plan their archery sessions.

Badges



Don't forget that badges can be claimed for indoor rounds too.

We have Portsmouth Round badges for scores of 300 to 600 in 25 point increments and Junior 16:60 round badges for scores of 200 and up in 25 point increments. Badges cost £1 each. If you manage to leap more than one badge in a single session then you can claim them all if you really want to 😊

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 with any questions no matter how ridiculous you might think they are and keep sending in those score sheets to claim badges for your PBs and 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
Portsmouth	Metric	Adult	Female	Barebow	22nd Sep 2018	432	600	Natalie Allen	Home	Compton Archery	5d @ 18m in 60cm face
Long National	Imperial	Adult	Male	Freestyle	2nd Sept 2018	484	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	Barebow	3rd August 2018	535	648	Uwe Anton	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
WA18 3-Spot	Metric	Adult	Male	Freestyle	11th Sept 2018	480	600	Rick Stephens	Home	Compton Archery	5d @ 18m in 40cm tri-spot face
WA18	Metric	Adult	Male	Freestyle	18th Sept 2018	503	600	Rick Stephens	Home	Compton Archery	5d @ 18m in 40cm 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.