



Compton Archery - March 2019 Newsletter

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

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Welcome to the March Newsletter!

It has been another super busy month with lots of good sessions, new members, visitors and external tournaments being done. Thanks to archers, parents, supporters and everyone who helps make Compton Archery such a fun and supportive club.



Our very first club indoor championship is on Saturday the 30th March. It's always very hard to pick a date for these events as inevitably some people won't be able to make it but we were keen to get it in before the Easter holidays. We hope as many of you will make it as possible. There will be categories for all levels and ages of archers so plenty of scope to win a medal! There will also be participation badges available. Please reply to the email invites which will go out to let us know if you plan to attend. We need to put together a target list for the day at least a few days beforehand, so closing for entries will be Monday 25th March. Thanks!

Now that Compton Archery is part of Archery GB and can be found via the 'club finder' on their website, plus our archers attending external tournaments and making new contacts, we're gaining more and more new members - both new and experienced archers visiting from other clubs. We are very proud of our reputation for being a particularly friendly all-inclusive club and will always try to make new members and visitors feel welcome.







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

Don't forget that we now have a website at <https://comptonarchery.wordpress.com/> where you can find all sorts of information like warm up techniques, bow tuning guides, scoresheet downloads and all the previous newsletters! Go take a look.



Hall of Fame

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

	Stuart Walker	Portsmouth PB (554)
	Natalie Allen	Barebow Portsmouth PB (470)
	Leon Smith	WA25 PB (511)
	Stuart Walker	50y 252
	Lesley McEwen	20y 252
	Jim Radley	30y 252

Medals haul at the Harlequin Bowmen Novice & Social Portsmouth Tournament!



Compton archery took 5 seniors and 2 juniors to this indoor tournament at the John Mason School in Abingdon on Sunday 17th February. Harlequin Bowmen organise this tournament each year to serve as a friendly introduction to archers just starting out in competitions and it's very well attended with four sessions across the weekend. Novices and Experienced archers are competing separately to keep it all nice and fair and there are the usual bow style and age categories too.

Pictures from the event can be found on our Facebook page.



Our archers did incredibly well during the Sunday morning session achieving: **Rick** – 1st Place Gents Barebow, **Natalie** – 1st Place Ladies Barebow, **Leon** – 2nd Place Gents Freestyle, **Stuart** – 3rd Place Gents Freestyle, **Megan** – 1st Place Girls Junior Barebow, **George** – 1st Place Boys Junior Barebow

Additionally, for the whole weekend:

Natalie took 1st place overall for Ladies Barebow, **Leon** took 3rd place overall for Gents recurve and **Rick** took 2nd place overall for Gents Barebow.

Very well done everyone!

Compton Archery at the Battle of Basing!



Leon and Stuart represented Compton archery at the 'Battle of Basing' Southern Counties Indoor Championships on Sunday 24th February. This is a massive event with almost 200 archers spread across 50 targets shooting two rounds over the course of a day; a WA25 (60 arrows @ 25m into a 60cm tri-spot face) and a WA18 (60 arrows @ 18m into a 40cm tri-spot face).

They both shot very well with Leon achieving a new PB for a WA25 round and both finished around mid-table which is quite an achievement after throwing themselves in at the deep end!



They also formed part of the County of Oxfordshire Archery Society (COAS) group of clubs who were very successful with Silver medals for David Timmins in Gents Recurve, Liana Perry in Junior Lady Compound, Bronze medals for Charlie Birch in Lady Recurve and Kat Baier in Lady Compound! The recurve team of Timmins, Charlie, Howard Moore and Eleonore Cossade finished third overall.

Well done to everyone

Moving from BareBow to Freestyle (using a sight!)

Most archers start with a club bow in barebow format, i.e. no sight, no stabilisers, no plunger button, just the bow and arrows. This is commonplace for new archers as it allows archers to concentrate on basic form and technique without having to make complex equipment choices as they learn the basics.

Some archers will choose to stay shooting barebow for their entire archery career and there is absolutely nothing wrong with this! Indeed, for activities like field archery, barebow is arguably more common.

But for target archery, it is common to move to a 'freestyle' setup which includes a sight, stabilisers, plunger button, finger tab and a move to an under chin 'Mediterranean' grip and anchor point.

You don't actually need to buy all this equipment in one go. You might buy single pieces at a time and learn to use them one by one. Alternatively you might want to make the leap in one go. Either is fine.

The obvious first step is a sight. Almost every riser has bolt positions for a sight, even the wooden club bows. Sights come in all shapes and sizes and are priced from £5 to £250, but they all essentially do the same thing; they offer a standard sight picture reference point for you to align to the target. You will start aligning the sight pin on the middle of the target, firing an arrow (or better a small group of arrows!) and then adjusting the sight so that the arrows start hitting where the sight pin is pointed! It sounds so easy! However! a sight will not make you a better archer and won't necessarily make it easier either! Ultimately archery comes down to your form and technique and a sight won't help with either of these! This is especially true for juniors who often think in terms of computer games whereby a sight is an instant and constantly accurate aiming device that requires no thought. Archery is not like this!

You pretty much get what you pay for with a sight and more expensive ones will be better made, more easily adjustable and less prone to vibrating loose (which is constant problem with anything screwed to your bow!). For adult archers ideally look around the £50+ price point as that's generally a good 'bang for your buck' and will probably last you well. For juniors who are just starting out, using lighter limbs and likely to go through a number of substantial upgrades, they might be better served with a cheaper sight around £20-£40. Check for sights which are left or right handed and make sure you buy the right one. Also check that it's a recurve sight and not a compound sight as these do differ and compound sights are often not allowed in recurve competitions even though they do fit on the bow! The actual sight pin (the bit you aim) is replaceable with all manner of different shapes and styles so don't worry too much about which one the sight comes with as you can change that later if required. As with all archery equipment there is a pretty good 2nd hand market available with the likes of Ebay etc. Ask Rick or Leon if you're looking in that area.

Next month we'll cover finger tabs.

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.

Of particular note is:

- Junior 58" wooden club style riser with a choice of 18 or 22lb limbs, with string and arrow rest included for £25. Previously used by a Junior who has since upgraded to a metal riser.
- 11 x Easton Jazz xx75 1816 arrows 30" but can be easily cut to any size. £40
- SF Axiom Sight with sight pin. £10

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



Compton Archery Indoor Championships on 30th March!

Upcoming Friday shooting dates are: Friday 15th March and Friday 29th March

Upcoming Saturday shooting dates are: Saturday 9th March and 30th March. **There is no session on the 23rd March due to Rick being on an archery coaching course.**

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

We're continuing to have excellent take-up of archers wanting to become full members of Archery GB and get involved in the postal leagues and external competitions (amongst other things) that this offers. We're also having more and more AGB members from other clubs drop into us for practice, which is something we welcome as it's a great way to network with other clubs.

We have one month left (March) of the Southern Counties Archery Society (SCAS) Indoor Postal league so make sure you send us any good Portsmouth scores for inclusion in that, especially barebow or Juniors. In Feb, Natalie was 2nd in the ladies barebow Oxfordshire team(!) and Leon and Stu missed out in the Gents recurve by literally just a point.

After the great success of our entries in the Harlequin Bowmen indoor friendly Portsmouth we're very keen to keep up the momentum with external tournaments. Entry for the annual Harlequin Bowmen 'Diana' Tournament has just opened we've sent an email inviting everyone to attend. We are hoping that all of our AGB members will sign-up, regardless of experience. It should be a great event!

We're in the process of introducing the Archery GB 'Feathers' and 'Arrow' award system which are awarded to archers who have demonstrated various archery shooting skills and general knowledge. It's another good progression system that focuses on knowledge of the sport and not just scores. Keep an eye out for more information on that.

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 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	In/Outdoor	Met/Imp	Age Group	Sex	Bow Type	Date	Score	Max	Archer	Home/Away	Location	Notes
Frostbite	Outdoor	Metric	Adult	Male	Freestyle	29th Dec 2018	300	360	Leon Smith	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Female	Barebow	29th Dec 2018	189	360	Natalie Allen	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Female	Freestyle	29th Dec 2018	224	360	Alice Banham	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Male	Barebow	29th Dec 2018	148	360	Ian Allen	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Junior National	Outdoor	Imperial	Adult	Male	Freestyle	14th July 2018	518	648	Jason Allum	Home	Compton Archery	4d @ 40y, 2d @ 30y in 122cm face
Long National	Outdoor	Imperial	Adult	Male	Freestyle	2nd Sept 2018	484	648	Rick Stephens	Home	Compton Archery	4d @ 80y, 2d @ 60y in 122cm face
National	Outdoor	Imperial	Adult	Male	Freestyle	8th June 2018	530	648	Leon Smith	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
Portsmouth	Indoor	Metric	Adult	Male	Freestyle	21st Dec 2018	557	600	Leon Smith	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Adult	Female	Freestyle	26th Jan 2018	519	600	Alice Banham	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Adult	Female	Barebow	15th Feb 2019	470	600	Natalie Allen	Home	Compton Archery	5d @ 18m in 60cm face
Short Junior National	Outdoor	Imperial	Adult	Female	Barebow	14th July 2018	452	648	Jenny Chapman	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	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	Outdoor	Imperial	Adult	Male	Barebow	14th July 2018	441	648	Phil Howath	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	Imperial	Adult	Male	Freestyle	3rd August 2018	535	648	Uwe Anton	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short National	Outdoor	Imperial	Adult	Female	Freestyle	14th July 2018	484	648	Alice Banham	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Outdoor	Imperial	Adult	Female	Barebow	14th July 2018	339	648	Natalie Allen	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Outdoor	Imperial	Adult	Male	Freestyle	11th Aug 2018	532	648	John Salway	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
WA18	Indoor	Metric	Adult	Male	Freestyle	18th Sept 2018	503	600	Rick Stephens	Home	Compton Archery	5d @ 18m in 40cm face
WA18 3-Spot	Indoor	Metric	Adult	Male	Freestyle	15th Feb 2019	493	600	Leon Smith	Home	Compton Archery	5d @ 18m in 40cm tri-spot face
WA70	Outdoor	Metric	Adult	Male	Freestyle	31st July 2018	418	720	Leon Smith	Home	Compton Archery	6d @ 70m 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.