



Compton Archery – October 2021 Newsletter

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

<https://www.comptonarchery.wordpress.com>

Welcome to the October 2021 Newsletter

It has been a while since we published a newsletter but we are back! After all the Covid restrictions at the beginning of the year and then being literally inundated with budding new archers looking to take up the sport, we have been busier than ever, but it's a really nice challenge to have.

Highlights for this month are below with more detail on each item further on in the newsletter.

After completely missing the indoor season in 2020 we got back to outdoor shooting in April and then immediately ran two 6 week beginners courses practically back to back. The second of those is ending in October and will see another 18 archers, following the initial 12, certified to shoot safely. We hope they will all decide to stay with us and continue the sport. We already have a waiting list for a winter beginner's course!

The archery indoor season starts in October and we are ready! (We think!). We've been given access to the leisure centre again on Friday evenings and Saturdays, and this Saturday (2nd October) will be our first time back shooting in the hall since March 2020! For many of our new archers this will be the first time you've shot indoors and we're really looking forward to introducing you to it. Read on in this newsletter for some guidance indoors.

Don't forget that its AGB membership renewal time and you'll need to renew before you can shoot in October as this covers your sports insurance. We do all the renewal for you, you just need to transfer us the renewal fees. A reminder email on that will go out this week.

Well done to everyone that took part in the Junior, Intermediate and Novice (JIN) County Champs in September. Compton took home a lot of medals and some overall age group County Champions from our Juniors so we're really proud of everyone.

Congratulations to Natalie and Leon who passed their 'Session Coach' qualifications in September. This qualifies them as licenced Archery GB coaches and some of the first to go through this new AGB coach course syllabus, which was previously known as the AGB Level 1 Coach qualification. As Compton archery continues to grow, we will need more and more archers interested in both helping out at beginner's courses but also looking to become licenced coaches so that we can continue to develop intermediate archers. If you're interested in anything like this, please let us know.

Last Saturday we ran our 4th Bill Evans Shield Summer Tournament, and it was great to be back after missing it in 2020. Many thanks to all the archers that came to support the event and well done to Richard Marsh for winning it this year and Joshua Shields and Ritchie Shorthouse as runners up.

Speaking of events, we're planning on running our very popular Halloween special again in October, so keep a look out for details of that.

Finally we welcome Owen Smith to the CA committee in the new role of Junior Development officer. We are very aware that we have a great talent of young archers at Compton and we want to make sure we have a development path for you to follow. Owen is passionate about this and brings a huge amount of good ideas of how to improve that area. Look out for future information on dedicated Junior development sessions.

**** Don't forget that previous newsletters can be found on our webpage! ****

Beginners Courses in 2021



Since Covid, we have been inundated with people of all ages looking to take up archery. Whether its people changing their work/life balance or realising how important it is to have a hobby or a form of exercise, we have never been so busy. Due to Covid restrictions on sharing kit we invested a substantial amount of club funds in new beginner kit at the beginning of the year, and this should set us up well for future beginners courses. Whilst this is genuinely a nice problem to have, it also demands a lot of volunteering time from the coaching team, giving up practically every Saturday. If you would like to help with the beginner's course yourselves, then please do let

us know.

We ran a beginners course towards the end of 2020 and then in April, after lockdown #3 lifted, we ran a Spring beginners course for 12 new archers, then at the end of July we started a Summer course for another 18 new archers. Some of those Summer archers have now graduated and the remaining archers should finish during early October.

We already have a waiting list for an Autumn/Winter beginners course but are currently not booking any dates until we have reviewed the indoor shooting facilities and worked out the logistics for that.

In the meantime, I'm sure everyone will welcome all our new archers to the shooting line and offer useful help and advice.





Junior, Intermediate and Novice (JIN) County Championships 2021



On September 11th we took a team of both novice archers and Juniors (both new and experienced) to JIN 2021 hosted by Wallingford Castle Archers.

For many of these archers it was their first proper tournament and a slightly daunting experience, shooting at a record status event with equipment inspections, Archery GB judges and shot timer controlled shooting in pairs.

We are pleased to report that everyone did amazingly well and many medals were taken home including:

- Owen: Under 16 Freestyle Champion
- Lily: Under 12 Barebow Champion
- Megan: Under 14 Freestyle Champion
- Ben: Under 14 Freestyle Silver Medal
- Ariadne: Under 14 Silver Medal
- Emma: Novice Freestyle Silver Medal
- Sarah: Novice Barebow Champion
- Matt: Novice Freestyle Silver Medal

We are looking forward to taking part in more tournaments now that Covid restrictions are lifting and things go back to normal. There are normally plenty to do for both novice and more experienced archers during the indoor season too, so watch this space!



New Licenced Session Coaches at Compton Archery



After 6 months of hard work including a LOT of online Zoom sessions, an all-day practical session, over 30 hours of practical beginners course coaching and a final assessment, Leon and Natalie are now licenced Archery GB coaches, having passed their 'Session Coach' qualifications. They are some of the first to go through this new syllabus, which is a replacement for the old Archery GB Level 1 coaching course, and they have brought back a number of new ideas and techniques, which we are already implementing into beginner's courses and intermediate coaching techniques.

The only way we can expand as a club is to increase our number and quality of coaches so we're always looking for archers to get involved in that side of archery. If you'd like to know more, please contact Rick, Leon or Natalie.

New Compton Archery Committee Member



In 2019, with Compton Archery gaining members rapidly, we welcomed Jim to the CA committee as vice chair and safeguarding lead. Jim has been doing an amazing job and we've been lucky to find another dedicated member of the team.

As we continue to grow in 2021/22 we are pleased to appoint Owen Smith to the position of Junior Development officer.

Owen has been shooting since 2015 (age 9) and has progressed from a complete beginner to the Oxfordshire Under 16 County Champion. Owen volunteers the majority of his Friday evenings and Saturdays to both shooting and the setup and running of the club and has been an active coach at all the recent beginner's courses.

We are very proud of our Junior archers and are acutely aware that it is our responsibility to make sure that their archery potential is for filled. To do that we need to develop a more rigorous development plan for them and we'll use Owens ideas and experience to help develop that strategy. Look out for details of juniors only development sessions coming over the winter as the start of that.

Our 4th Bill Evans Shield Summer Tournament



Saturday 25th September was our 4th Bill Evans Shield Summer Tournament, having missed one in 2020 due to Covid restrictions. It was great to be back in tournament mode and we welcomed more than 30 archers along to compete at various National rounds and for the overall handicapped score shield. Many thanks to everyone who came to support the event and especially those that helped clear the field at the end; it makes all the hard work preparing these events worthwhile.



Congratulations to the winners:

- 1st place: Richard Marsh
- 2nd place: Joshua Shields
- 3rd place: Ritchie Shorthouse

....and all the medal winners from the various rounds and categories. Well done!

More photos are available on our Facebook site at <https://www.facebook.com/Compton.Archery>

Club Shirts – Now available in 2021.



Club shirts are now available again and we are looking to place an order soon. If you would like a club shirt please let Rick know sizes and names, and we'll get that organised for you.

Club shirts are £20 each with your archer name on the back. Some more details here:

Junior: <https://www.papini.co.uk/webshop/polos/junior-elite-polo/junior-elite?code=6711>

Adult: <https://www.papini.co.uk/webshop/polos/elite-polo/elite-product-range?code=5908>

Speak to Rick for more details.

Indoor Archery Season is BACK in 2021!

Pre-Payment Reminder! We are now trying to operate a pre-payment system whereby you can pay for 10 sessions as a block (£35 adults, £30 Juniors) and we'll give you a card which we'll stamp every time you come to a session. This saves everyone having to manage lot of small payments. Please use the reference (initials+dd+mm) when transferring payment. E.g. RS0509 for Rick Stephens for 5th September. If we cancel the session or you can't make it then don't worry, we will roll this forward to the next session. You won't lose it. Thanks!

It has been 18 months since we last shot indoors and for many of our newest archers they have NEVER shot indoors. With that in mind, we thought it useful to run through some of the most important parts of indoor archery to consider.

- Indoor archery takes place inside the leisure centre hall. Archery uses the entire hall when in progress.
- There are toilet facilities available again(!).
- We enter the hall via the small back entrance behind the shooting line and not the main entrance; this is so that we do not risk people entering the side of the hall when archery is in progress.
- Unlike previous years where archers would setup in the storeroom whilst the previous session finished, we intend for archers to takedown and setup equipment using the ENTIRE hall at the SAME TIME. This allows everyone to spread out a little more with Covid in mind. We will therefore allow 15 mins between sessions for this to happen. As one session is packing up their kit, the next session can be getting setup. Please do not arrive early expecting to setup any earlier (unless you wish to setup outside).
- Indoor archery is shot at 18m (20 yards), normally at a 60cm target face. We will be providing the target faces and you do not need to buy them. (Most indoor archery at other clubs is also done at 18m)
- We can fit up to 10 straw bosses across the hall, but traditionally we will have 8 or 9 due to limited space behind the shooting line for equipment. Each boss can take two 60cm target faces.
- We limit one archer per target face, so two per boss. With coaches present, this equates to between 20-24 archers per session.
- We normally shoot ends of 3 arrows, which is normal for indoor archery.
- Session times are broadly the same as outdoors although with more limited space indoors, it's much more likely that we'll have 3 sessions rather than 2 and due to shorter setup times and no need to move bosses to new distances or find lost arrows etc, sessions will be 1.5 hours with a 15 minute setup time. Times will be approximately 10:15 – 12, 12-13:45, 13:45-15:30. The first two sessions are normally aimed at either new

archers or archers who would like some coaching, but if you can only make a certain time, just let us know and we'll do our best to make it work.

- Bear in mind that there will be reduced space on the shooting line and try to be mindful of archers around you. Try to load your bow keeping it vertical and don't approach or leave the line when an archer next to you is at full draw, but otherwise shoot in your own time and walk off the shooting line when you're finished.
- Although we don't have the problem of finding lost arrows indoors (usually), we will have missed or bounced arrows so please do consider that there may be arrows on the floor when you approach the targets to collect. Arrows are VERY easily bent on a concrete floor.
- We normally expect archers to shoot either the 20 yard 252 round if they don't have that already or otherwise shoot a 'Portsmouth' round which is 5 dozen arrows at a 60cm face. Badges are available for scores from 400+
- We will normally operate a field captain controlling the shooting.
- If you have any other questions/concerns/worries about the indoor season, please just email us and we'll try to help.

Archery GB Renewals



ArcheryGB membership renewal is due before October. You cannot shoot in October without renewing this as it covers your sports insurance. Adult renewal is £54 and Juniors are £14.50. If you transfer the fee to us at the normal account, we will process this renewal for you. For any returning archers who were not previously members of AGB, bear in mind that we reduced session prices from £5 to £3.50 in order to cover the cost of AGB membership, if you attended the majority of sessions in a year.

There are a number of benefits to AGB membership which can be found here: <https://www.archerygb.org/shoot-compete/shoot/become-a-member/membership-benefits/>

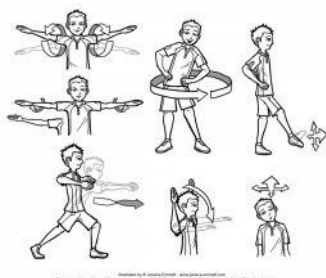
Warming up



Warming up your muscles before any sport is absolutely key to your performance and prevention of injury and it's no different for archery. Remember that warming up is NOT just shooting a few extra ends at the beginning!

For warm ups AND to help keep some archery fitness at home when you might not be able to shoot as much as normal, you could try using some general purpose resistance bands which are available on-line for under £10 in various strengths which are ideal for archery.

Here are a few good warm ups to do before you start shooting.



Important Dates



*** Archery dates can always be found on the right hand side of the website pages ***

Upcoming Friday shooting dates are: Friday 8th October, Friday 22nd October, Friday 5th November

Upcoming Saturday shooting dates are: Saturday 2nd October, Saturday 16th October and

Saturday 30th October which will be the **Halloween Special!!! Pencil that in your diaries now!**

The End.

That's it for this month's Newsletter! We hope you've found it useful and informative.

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

As ever, please email Compton.archery@gmail.com with any questions comments or questions you have and keep sending in those score sheets for 252, National and Portsmouth rounds etc.

We look forward to seeing you on the shooting line.

CA Committee: Rick (Chairman), Natalie (Treasurer), Leon (Secretary), Jim (Vice Chair), Owen Smith (JDO)

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	4th Jan 2020	313	360	87	Leon Smith	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Female	Barebow	29th Dec 2018	189	360	53	Natalie Allen	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Female	Freestyle	29th Dec 2018	224	360	62	Alice Banham	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Adult	Male	Barebow	8th February 2020	237	360	66	Ian Allen	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Frostbite	Outdoor	Metric	Under 14	n/a	Barebow	4th Jan 2020	227	360	63	Owen Smith	Home	Compton Archery	3d @ 30m in 80cm face (winter outside!)
Junior National	Outdoor	Imperial	Adult	Male	Freestyle	14th July 2018	518	648	80	Jason Allum	Home	Compton Archery	4d @ 40y, 2d @ 30y in 122cm face
Long National	Outdoor	Imperial	Adult	Male	Freestyle	2nd Sept 2018	484	648	75	Rick Stephens	Home	Compton Archery	4d @ 80y, 2d @ 60y in 122cm face
National	Outdoor	Imperial	Adult	Female	Barebow	13th July 2019	318	648	49	Natalie Allen	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
National	Outdoor	Imperial	Adult	Male	Freestyle	18th Sept 2021	560	648	86	Rick Stephens	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
National	Outdoor	Imperial	Under 16	Male	Freestyle	25th Sept 2021	480	648	74	Owen Smith	Home	Compton Archery	4d @ 60y, 2d @ 50y in 122cm face
Portsmouth	Indoor	Metric	Adult	Male	Freestyle	11th Oct 2019	563	600	94	Stuart Walker	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Adult	Female	Freestyle	26th Jan 2018	519	600	87	Alice Banham	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Adult	Female	Barebow	5th Mar 2019	496	600	83	Natalie Allen	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Adult	Male	Barebow	27th Sep 2019	504	600	84	Stuart Walker	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Under 14	n/a	Freestyle	28th Feb 2020	528	600	88	Owen Smith	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth	Indoor	Metric	Under 14	n/a	Barebow	28th Feb 2020	428	600	71	Ellie Clark	Home	Compton Archery	5d @ 18m in 60cm face
Portsmouth 3-Spot	Indoor	Metric	Adult	Male	Freestyle	8th Nov 2019	550	600	92	Leon Smith	Home	Compton Archery	5d @ 18m in 60cm tri-spot face
Short Junior National	Outdoor	Imperial	Adult	Female	Barebow	14th July 2018	452	648	70	Jenny Chapman	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	Imperial	Under 14	n/a	Barebow	14th July 2018	476	648	73	William Croanne	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	Imperial	Under 14	n/a	Freestyle	13th July 2019	523	648	81	Owen Smith	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	Imperial	Adult	Male	Barebow	13th July 2019	522	648	81	Ian Allen	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior National	Outdoor	Imperial	Adult	Male	Freestyle	3rd August 2018	535	648	83	Uwe Anton	Home	Compton Archery	4d @ 30y, 2d @ 20y in 122cm face
Short Junior Windsor	Outdoor	Imperial	Under 14	n/a	Freestyle	21st May 2019	867	972	89	Owen Smith	Home	Compton Archery	3d @ 30y, 3d @ 20y, 3d @ 10y, in 122cm face
Short National	Outdoor	Imperial	Adult	Female	Freestyle	14th July 2018	484	648	75	Alice Banham	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Outdoor	Imperial	Adult	Female	Barebow	14th July 2018	339	648	52	Natalie Allen	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Short National	Outdoor	Imperial	Adult	Male	Freestyle	22nd Aug 2020	564	648	87	Rick Stephens	Home	Compton Archery	4d @ 50y, 2d @ 40y in 122cm face
Albion	Outdoor	Imperial	Adult	Male	Freestyle	14th May 2019	762	972	78	Leon Smith	Home	Compton Archery	3d @ 80y, 3d @ 60y, 3d @ 50y in 122cm face
Albion	Outdoor	Imperial	Adult	Female	Barebow	21st May 2019	365	972	38	Natalie Allen	Home	Compton Archery	3d @ 80y, 3d @ 60y, 3d @ 50y in 122cm face
WA18	Indoor	Metric	Adult	Male	Freestyle	22nd Nov 2019	524	600	87	Stuart Walker	Home	Compton Archery	5d @ 18m in 40cm face
WA18 3-Spot	Indoor	Metric	Adult	Male	Freestyle	15th Feb 2019	493	600	82	Leon Smith	Home	Compton Archery	5d @ 18m in 40cm tri-spot face
WA70	Outdoor	Metric	Adult	Male	Freestyle	31st July 2018	418	720	58	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...

- Portsmouth – 5 dozen arrows at 20 yards into an 60cm face
- WA18 – 5 dozen arrows at 18m into a 40cm face
- WA18 3-spot – 5 dozen arrows at 18m into a 40cm 3-spot face
- 252 @ 20 yards – 3 dozen arrows at 20 yards into a 122cm face