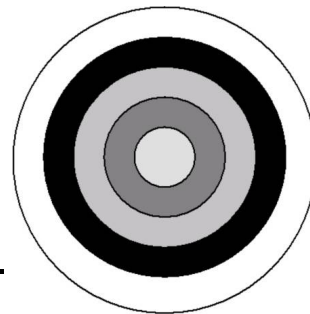




Malvern Archers

Target Times



Volume 4 Issue 1

December 2008

Dates for your Diary:

19th December

Christmas Fun Shoot

24th January

Installing Drain

31st January

Skittles Evening

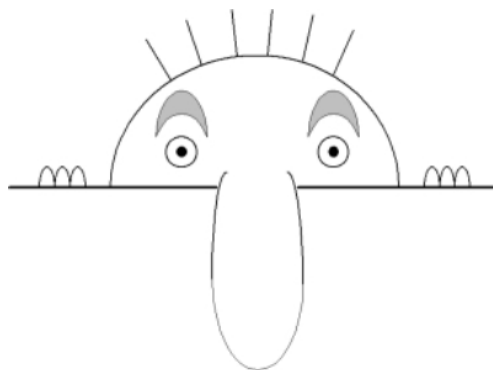
1st March

County Indoor Championships

Contents

What is he up to?	2
Shooting Calendar	3
New Members	3
Club Business	4
The Last End	4

The Editor's Bit



Wot! Another Target Times!
And about time, too!

It's been a long time since the last edition of Target Times. Sorry, but I ran out of inspiration. Fortunately, Jeff Allan has written something that I expect will be of interest to most of you (on p2), so it has prompted me to produce another edition.

The club has expanded a lot in the last two or three years, and I hope that some of the new members will take an interest in doing more than just shooting. Of course, when you first start that is where the bug has bitten you, but everyone should think about how they can contribute to making the club more fun for everyone. To most members it is a social activity, and the Committee is aware that a proportion of new members lose interest fairly rapidly, possibly because we have not done enough to integrate them into our social group.

The lack of any obvious social setting such as a clubhouse where we can sit and talk after shooting is a disadvantage. Not everyone wants to go to the Nag's Head. It is easy to come along, shoot and go away again without really getting to know anyone.

We hope that the introduction of "mentors" and the information pack for new members will help to overcome this, but some effort is needed on the part of all members to make new members feel welcome.

The questionnaire was another attempt to improve the working of the club, but so far the response has been very low. If you want more out of the club, tell us what you want.

Good shooting,

Allan

Stop Press **Hannah Beasley-Suffolk** scored a phenomenal **569** for a Portsmouth Round at the Junior National Indoor Championships on 6th December—not only coming second in her age-group, but **2nd Junior Lady** overall. **Tom Cochrane** also did very well, scoring **564**.

What is this Man Doing?



Pinning the tail on the Donkey?
Playing tag?
Working out my score in the dark?

None of the above. I will discuss the merits of shooting into a Boss with your eyes closed. You don't need the Blindfold!

Firstly safety. For this exercise I would recommend shooting at a blank boss from a distance of 10-15 yds, no more, with a suitable back stop in case you miss!

Exercise 1:

Stand in front of the boss, with bow in hand and arrow nocked as you would normally, and draw up, making sure that the bow arm is parallel to the ground so that the arrow will go near the centre, but now, close your eyes and continue the execution of the shot until the arrow hits the boss. Make a mental note of the feeling of the shot, pay attention to back muscles, and release. Repeat this exercise for 5 more arrows.

You will probably find your release is better with eyes shut. You are trying to emulate this situation when shooting with your eyes open, this does take time as you are trying to train your "muscles", repeat this exercise a few times, and continue shooting your bow as normal (eyes open). You will find this exercise useful if you have a clicker.

Exercise 2:

Stand on the line as you would normally, with bow in hand and arrow nocked, now close your eyes, and continue the shot cycle. Are you shoot-

ing on the centre line of the boss? Or are you shooting to either side of the centre line?

If you are shooting to the left of the centre line, change your stance to a more "closed" stance, i.e. feet parallel to the shooting line, if you are shooting to the right of the centre line open your stance, i.e move your left foot out to say 45 degrees to the shooting line (for right handed archer).

Repeat this until you are shooting on the centre line, but note as your body muscles change due to tiredness, mental state etc, you will wind or unwind your body and your natural centre line shot will vary.

What I have described above is some of the techniques that will help to improve your archery, but for further improvements I would recommend you see your local club coaches, who would be only too willing to help.

Jeff Allan



Shooting Programme

	Date	Event/Club	Venue	Rounds	Status
Sun	Dec 14	Droitwich	Blessed Edward's	Double Worcester	RS
Fri	Dec 19	Christmas Fun Shoot	Dome		
Sun	Jan 4	Stourbridge	Smethwick	FITA 25m	
Sun	Jan 18	Gloucestershire	Stroud	Portsmouth	RS
Sun	Feb 8	Wyre Forest	Stourport	Portsmouth	Garr
Sun	Mar 1	WMAS/CWAA	Evesham	FITA 18	RS
Sun	Mar ??	Ds and Downs	Bromyard	Worcester	
Sun	April 5	CWAA Trials	Evesham	FITA/Metrics	RS
Mon	Apr 13	Easter Bunny	Cheltenham	Nationals	
Sun	Apr 19	Spring Shoot	Droitwich	Double Warwicks	RS
Mon	May 4	Redhill	Wythall	American	WT
Sun	May 10	WMAS Novices	Leamington	Westerns	
Sun	May 17	Evesham	Evesham	FITA 70/Hd-Hd	RS/WT
Sun	June 28	Droitwich	Droitwich	Albion/Windsors	RS/WT
Sun	July 19	MALVERN OPEN	Dyson Perrins	Nationals	RS

Key: RS = Record Status, Garr = A round of the Garrington Cup,
WT = A round of the Worcester Summer Trophy

This is not an exhaustive list, but includes the main local events.

New Members

Welcome to:

Jeff Allan, Jon, Chloe and James Taylor, Alison Townsend, Richard and David Harris, Rachel Thompson, James Longmore, Leeanne Jones, Alex Greatwich, Tim Stavert, Bob Hinds, Andy Turner, Chris O'Riordan, Nicholas Lightbody, Elizabeth Martel, Ellen Turner, James Oakley, Jon Homfray, Di Turner, Amanda Holmes, Alison Byrne, David Smith, Catherine Salthouse, Phil Bliss, Roger Johnson, Tim and Freddie Wolff, Darren Urbain, Lyn Fox, Jessica Donaldson, Simon Chubb, Hazel and Geoff Blissett, Andy Wallace, Kathi Thompson, Whinray Coates, Aaron Relf, Benedict

Symon, Paul Turner, Michael Harrison, and Simon Wihl.

I usually put the names in a larger font. That'll teach me to leave it so long between editions of Target Times.

New members are the lifeblood of any Club. Whether you want to be the World Champion or just to shoot a few arrows at the Club now and again, we hope you will enjoy your shooting and participation in other Club activities.

MALVERN ARCHERS

Butts:

Manor Park Club
Albert Road North
Malvern
Worcestershire

Secretary:

Allan South
24 Red Earl Lane
Malvern
Worcestershire, WR14 2ST
01684 563 495

Newsletter Editor and general dogsbody:
Allan South

All contributions gratefully accepted (but not necessarily included, and may be edited anyway!) preferably by e-mail to:
Allan.South@btinternet.com
01684 563 495

Views expressed by contributors do not necessarily reflect those of the Club, its Officers, or the Manor Park Club or its Officers

SAFETY REMINDERS

- Always put up the warning signs at the entrances when shooting at the field.
- Make sure that targets are securely roped down.
- Don't leave bows or personal belongings unattended at the bottom of the field when you collect your arrows.
- Manor Park sometimes suffers from vandalism. If you see any incidents or discover the results, please report them to me or the Club Manager, Andy Nichols, who should be in the office between 10am and 2:30pm.

Club Business

Many hands make light work

As many of you will know, the top end of the field at Manor Park gets quite boggy in wet weather. We are planning to install a drain to help carry the water away, which should make use of the field during winter a lot more pleasant (and also during summers like the one we've just had). The Manor Park Club has agreed to pay for the materials if we do the work. We will hire a mini-digger, but there will still be a lot of work to do shifting gravel and laying the pipes, etc. We are planning to do this work on Saturday 24th January. Please help if you can; contact Allan for details.

Beginners Course

We will be running a beginners course starting on Saturday 7th February in the Dome. If you would like to help teach the beginners or just to make the tea, please let Allan know. We will need extra help on 14th February, as some members will be away at a County Squad session.

Vacant Committee Posts

There were no volunteers for Grounds Officer or Tournament Officer at the AGM. The Grounds Officer looks after the ground at Manor Park, and liaises with the Manor Park Grounds Committee and the Groundsman if any work needs to be done, such as re-marking the lines. The Grounds Committee meets once a month, at 5.00 pm (4.30 pm in winter), which admittedly does make it difficult for anyone in full time employment. The Tournaments Officer organises club entries to outside tournaments. Individual members can do this for themselves of course, but it is useful to have a joint entry, especially for tournaments that we want many club members to go to, such as the Worcester Summer Trophy events. Any Volunteers?

The Last End

"...Aristotle himself saith, that shooting and virtue be very like. Moreover, that shooting of all other is the most honest pastime, and hath least occasion to naughtiness joined with it, two things very plainly do prove, which be, as a man would say, the tutors and overseers to shooting: day-light and open place where every man doth come, the maintainers and keepers of shooting from all dishonest doing. If shooting fault at any time, it hides it not, it lurks not in corners and huddermother; but openly accuseth and bewrayeth itself, which is the next way to amendment, as wise men do say."

Roger Ascham, "Toxophilus", 1544

Roger Ascham (1515-68) was a Cambridge don, and tutor to Prince Edward (later Edward VI) and Princess Elizabeth (Elizabeth I). "Toxophilus" was the first academic work printed in English.

A sizeable part of the book is devoted to advocating Archery as good exercise, both physical and mental, for boys and men (the ladies didn't take it up until Victorian times). Much of his advice on "shooting fair" and coping with the weather is still valuable.