

The Bowmen Bulletin

Welcome to the fifth edition of the Valley Bowmen of Huddersfield Bulletin.

Our aim is to keep you up to date with news, events, results and anything that might be of interest to members of the club.

October 2024

Please feel free to give us your feedback and get in touch with articles and content you would like to see here.

AGB Membership Changes

Earlier in the summer Archery GB (AGB) announced a number of changes to the way their membership system operated. Until now all membership renewals were on 1st October each year and the club were responsible for creating your membership and collecting any fees (for AGB, Yorkshire Archery Association and Northern Counties Archery Society).

Going forward AGB had intended members would maintain their own membership accounts and renew their fees directly with AGB each year. They have also changed the membership renewal date such that going forward all new members will hold membership for a full 12 months and have a personal anniversary date (just as house or car insurance operates). AGB have since reversed the decision that all members would be direct and Clubs will be able to retain control on AGB renewal should they choose but not reversed the decision to introduce personal renewal dates.

As a result of these changes our committee is considering how best to structure the Club to mitigate the additional risks resulting from these changes. Some clubs (typically those that are smaller or don't have 24/7 access as we do) are able to continue with little change, however some clubs are creating a second, unaffiliated, Club for all members which has separate insurance and keeping the original club for those members that wish to retain AGB membership. Over the coming 12 months the committee will be examining all options and will present their findings to the club for a final decision to be made by all members by September next year.

Membership Numbers

Having started a new year in the Archery GB calendar I thought some of you might be interested to hear how many members we have and how many have renewed.

We see a sizeable churn in the membership twice a year when we collect the Club Subscriptions and again when your Archery GB membership becomes due, as has just happened.

In March we started the year with 173 members (141 Adults, 6 disabled and 26 Juniors) and through the summer gained 44 new members giving us a total of 217 (169 Adults, 8 disabled and 40 juniors). From this cohort a total of 192 members have paid their AGB subs and thus are allowed to shoot at the club (145 Adults, 8 disabled and 39 juniors) and I confidently expect a further 2 members to renew their AGB subs.

	April 2024	Joined	2024 Total	AGB subs paid	Expected
Adult	141	28	169	143	145
Disabled	6	2	8	8	8
Junior	26	14	40	39	39
	173		217		192

Field Work

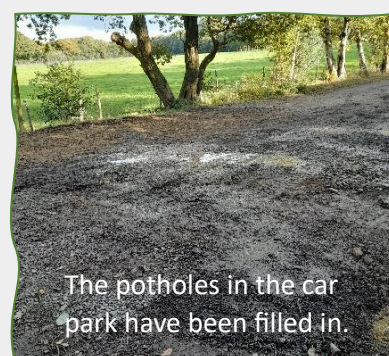
The second half of the field has been rotavated, levelled and re-seeded. Could we please ask all members to avoid walking on this area whilst the seed takes root and the ground stabilises. We hope that by doing this work now and giving the ground the entire winter season to get established it will mean that we can return to a substantially improved outdoor range.



Please keep off the grass whilst the seed takes root and the ground stabilises.



The Windy Corner, not so windy anymore.



The potholes in the car park have been filled in.

New to archery, have limited shooting experience?

If this is you, then welcome to the club, we are delighted to have you with us. Here are a few things that might help:

Saturdays: The Saturday morning sessions from 9 till 12 are an ideal time for new members to come and meet other members, learn about the club, about equipment or get help and advice on all aspects of archery. There are almost always two or three coaches and other very experienced archers present that are all willing to help you.

Coaching: If you would like some help and advice about your shooting technique why not sign up to one of the two sessions, we hold every month (Sunday morning and Monday evening). Coaches will be available to help you and can even put you under the cameras to see how you are shooting in slow motion!

Book your a session here <https://valleybowmen.co.uk/beginner-to-intermediate/>.

Novice competitions: Every year we hold an Indoor and an Outdoor novice competition where we invite members with less than (circa) 15 months experience to come and find out what it is like to take part in a Club competition – but in a relaxed friendly environment!

Normal competitions: It seems that no matter how much we try to tell people, the message doesn't seem to get through that ALL our club competitions as suitable for members of all ages and all skill levels. Every competition has a Novice class where you can shoot a round starting at just 30 yards!! Surely everyone can do that! In its heyday pre-Covid, the club could regularly see 20 to 30 competitors taking part in Club competitions, whereas now, we rarely see more than a couple of handfuls of competitors – mind you that does mean that just about everyone goes home with a medal or trophy! Check out the club calendar and have a think about joining some of the upcoming competitions.

Understanding Arrow Patterns

If all your arrows are identical (and they should be), and if you are consistent with every shot then you should be getting good groupings. Here are some common reasons why your grouping might not be as good as it could be.

High Arrows

- Healing the bow (tipping up).
- Pulling the bowstring back too far.
- Raising the bow arm during the release.
- Pulling the release hand down during the release.
- Low drawing elbow.

Left Arrows

- Gripping the bow too tightly.
- Aiming with the wrong eye.
- Peeking at the target upon release (right-handed archer).
- Pulling the string away from the face (right-handed archer).

Right Arrows

- Gripping the bow too tightly.
- Aiming with the wrong eye.
- Peeking at the target upon release (left-handed archer).
- Pulling the string away from the face (left-handed archer).

Low Left Arrows

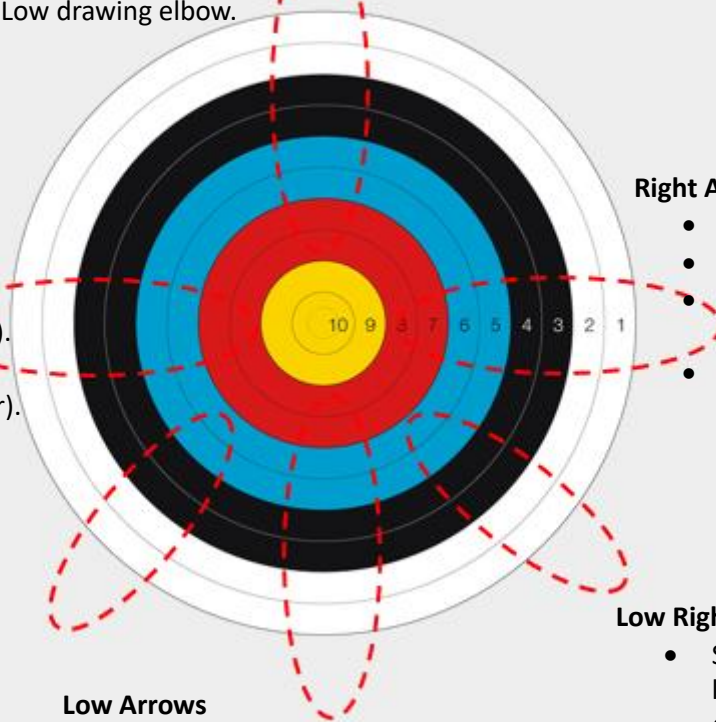
- String hitting the chest of a right-handed archer.
- Canting (tilting the bow to the left).
- Weak bow arm.

Low Arrows

- Dropping the bow arm upon release.
- Moving the head forward to the string.
- Collapsing the bow arm.
- Creeping (anchor creeps forward).
- Leaning towards the target.
- Arrow nocked above nocking point.

Low Right Arrows

- String hitting the chest of a left-handed archer.
- Canting (tilting the bow to the right).
- Weak bow arm.



Juniors

Rochdale Joint Junior Night

Well... what an event it was!! I would like to thank all the coaches and helpers from both our club, and Rochdale who made the trip possible! It was a brilliant event and experience for all the juniors, and I hope those who attended had an amazing time! Rochdale make the return trip on Friday 3rd January 2025!! 😊

Increased Attendance

Over the past few months, the attendance at junior night sessions has drastically increased... which is excellent!! I am trying to vary the activities that are run at the sessions, but if you have any ideas or if there is something specific that you want to cover, then please just let me know!! 😊

Indoor

Well... the dark nights are certainly drawing in meaning that the indoor season is upon us! This can seem like a time of year where things get slightly repetitive and some may even find it slightly boring... but don't worry we will certainly be sprucing up Junior Nights! Do you fancy a Halloween themed shoot? Or maybe a round or two thrown in there? You'll have to come along to the junior night sessions on a Friday from 6pm onwards, to see what treats we have in store for you over this season... 😊



Badges

Who doesn't like badges... or adding to your rapidly growing collection? I have developed some additional badges that you could potentially add to your collection.

Why not try for the Worcester badges, or even the Frostbite badges, or even the 260 badges when Spring rolls around again? Intriguing... hey! 😊 More information to follow on these in the next couple of weeks!

Junior Novice/Experienced Competition

Are you a junior (under 21) who has been shooting for under 18 months? If so, then why not get involved in the Junior Novice Competition! This is being held on Friday 1st November 2024, 6:00 for a 6:30 start with the round being a Portsmouth. There is no pressure to this event, it is a chance for you to experience a competitive environment in a friendly setting!

For those archers who have been shooting longer... don't shy away! We are running a separate competition for you on the same night. So why not, come and join in the fun! 😊

Food Nights

Just because the Indoor Season has begun, it doesn't mean we have to wave bye bye to our well attended junior food nights! Nope not at all! In fact, I have got many ideas up my sleeve! Want to find out more... well I suppose you'll have to come along and see what fun activities and things I have got planned for you! Obviously, the mention of food might tempt you too!!

Next one is 3rd January – so put this date in your diaries!! 😊

Might not be a coincidence that it is the same date as Rochdale Company of Archers juniors make the return visit for the joint junior night... However, you will not have to wait till January for the next food related event - we have the Bonfire night in November (see below), and the Christmas Fun Shoot in December where there certainly will be food of some variety on offer!

Bonfire

Fancy a Frostbite in the dark, some nice warm grub, and then to watch some nice Bonfire "illuminations" ... well why not come and join in on our Bonfire Night events on the 2nd November 2024! Frostbite sighters at 17:45 – with food around 18:45 and the "illuminations" about 19:30 (approximate timings). The cost is £5 per person, with under 10s free and families are more than welcome to come and join in! 😊



Competitions, events and other dates for the diary.

- **Traditional shoot – Sunday 20th October 1pm for a 1.30pm Start.** Alan Hoddinott has a lot of wooden arrows if anyone wants to borrow some for the competition.
- **Bonfire Frostbite shoot & Food – Saturday 2nd November 17:45.** We need to know numbers for catering please. Signup page <https://valleybowmen.co.uk/frostbite-food>
- **Novice shoot – Thursday 21st November, 18:00 for 18:30.**
There will be at least one shoot (21st Nov) but if enough are interested then we will put on additional dates please sign up at <https://valleybowmen.co.uk/novice-competitions/>.
- **Thanksgiving shoot – Sunday 24th November 10:00 for 10:30.**
- **Xmas party – Saturday 7th December 7pm.** Huntsman Inn, Greenfield Rd. huntsman@jwlees.co.uk
- **Xmas Fun shoot – Sunday 22nd December 13:00 for 13.15.**
- **Frostbite in the snow – Sunday 29th December 13:00 for 13:30.**



Cave paintings in Spain showing archers in both battle and hunting have been found, dating from around 20,000 B.C.

The oldest known evidence of the bow and arrow comes from South African sites such as Sibudu Cave, where arrowheads have been found, dating from approximately 62,000–70,000 years ago.

Traditional Bow Shoot 20/10/24
13:00 for 13:30

Men	Women	Juniors (U21)	Handicap
Western 4 doz @ 60yds, 4 doz @ 30yds	Age and Gender appropriate Western	Any bow style	Also in this image, top right dating from about the same period can be seen the earliest known evidence of a Valley Bowmen logo.

Please Note: Any bow style.
MUST be barebow (i.e. no sights, no rests, clickers etc). Wooden Arrows MUST be used.

Bonfire Shoot

02/11/2024
17:45 for 18:00

17:45 Sighters, outdoor under floodlight.
18:45 Shooting finished, bonfire lit.
19:00 Food.
19:30 Fireworks.

The whole family welcome. Cost £5pp (under 10's free).
Please pay to club account with reference "Bonfire + Your Surname".
Use signup page <https://valleybowmen.co.uk/frostbite-food/> to let us know numbers for catering and food preferences.

Frostbite = 3doz @ 30m

Novice Indoor Competition

The 21th of November in the year of our Lord 2024
18:00 for 18:30 start

If 't be true bethink yond thou art a novice archer with limited shooting experience - who is't did join the club in the past 12/18 months, then thou art cordially invited to experience an informal opportunity to meeteth with other novice archers and exprience a nay pressure competition.

A Portsmouth: 15 dozen arrows at 20 yards on a 60cm targeteth visage; 3 arrow ends.

If 't be true thou art interested in competing, prithee alloweth me to knoweth at - tony.1@ntlsworld.com

— Competition conditions. Field Captain.
— Medals will be awarded. Tony Barrett

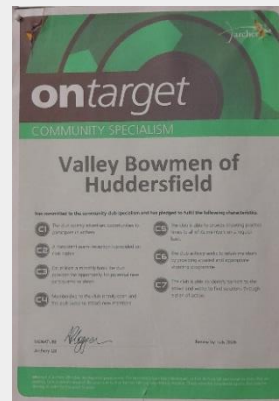
Thanksgiving Shoot and Soup

24/11/2024
10:00 for 10:30

Suitable for all archers,
targets at random distances up to 30m

On Target Club Development

We have now achieved all three of Archery GBs club development specialisms. Young People, Community and Performance. Each of these has a set of criteria that the club has achieved. Performance clubs create an environment that allows the archer to compete and excel. Community clubs offer archery to many more people in an accessible way. Young People clubs provide encouragement to train, compete have fun and socialise.



Badges

We have more badges for you to collect! Hopefully you are all aware of the indoor and outdoor classification and the 252 badges that can be claimed/awarded. However, some may not be aware of the specific round badges that are available. Typically, twice a year (at the Xmas party and the AGM) we issue badges for your best Portsmouth round and this year we are expanding this to the Worcester and Frostbite rounds.

Then, in addition next outdoor season, the Juniors will be able to collect 260 badges – these are the same as the 252 but shooting at distances in metres. Although aimed at juniors no doubt one or two adults will get in on the act.

For more information see the club website <https://valleybowmen.co.uk/badges/>.

Note that all scores need to be submitted on Golden Records.



Target Days

Although Acher 1st, 2nd and 3rd Class badges can be achieved whilst shooting practice rounds the new classification scheme introduced last year now required all Bowman (1st, 2nd or 3rd Class) rounds to be shot in a “competitive event”. Over the summer we have held 12 Bowman Series competitions and have nominated 5 target day times each week to provide opportunities for members to shoot in the required “competitive event” and thus gain their Bowman classification. Please note that when submitting scores onto Golden Records you will normally give a score status of “Practice” unless the round is shot on a Target Days when you should use the status “Club Event”.

It has been recognised that the competitions and Target Days may be inconvenient for some members to attend and have therefore introduced the concept of “Impromptu Target Days”. Via the website <https://valleybowmen.co.uk/target-days/>, you may now propose a date/time for an event that will qualify as a “Club Event” and other members can sign up to join you for the shoot. If you have any question about this please speak to one of the committee members.

The Diary - Why we should sign in?

Back in 2012 one of the conditions for getting the £50,000 lottery funding was that we should track attendance rates for 5 years. After the pandemic lockdowns we returned to shooting using an online booking system and dispensed with the signing in book.

Over the last few months, as a result of the ArcheryGB changes to membership, we have been looking at how the club is being run and were advised by AGB that we should have been keeping a register of who is at the field.

From a safeguarding and welfare point of view, if an incident were to occur, this would help determine who might have been present at the time. The register will also allow us to track attendance rates and better understand how/when the field is being used.

A simple lined paper binder has been left at the field – you will most likely find it on the bench in the Indoor range – but you may have to go hunting for it. If you are the first person to attend on a day, would you please turn to a new page and put the date at the top – subsequent attendees can then simply sign the book.

A request – PLEASE would you make your signature legible! A squiggly line is not very helpful.

Could I also ask that any parents/guardians/partners/visitors sign the book. Thank you for your cooperation.



VOLUNTEERS NEEDED!

Volunteering is important. Without volunteer's clubs and societies would grind to a halt. Looking at AGB (our governing body) there are paid posts for lead officers, but the mass of staff across the AGB family regions, clubs and competitions are volunteers. Without volunteers there would be no competitions, no Field-Captains, no treasurers etc. The whole thing works because of volunteers.

VBoH is no different, those who have a committee post and the few others around the periphery of the committee who keep you informed and organise competitions, fun-shoots and taster sessions are all volunteers.

Those who organise and support beginner courses which keep a supply of interested new archers and the social side of the club, all this works for our benefit by volunteers doing their thing.

There is always a need for more volunteers to do a variety of roles and some roles within the club must be refreshed periodically. Why not try helping by volunteering? Maybe you have a special skill? Just to offer a view of what the club needs/ expects from its members:

Event	Qty / per year	Sessions	Volunteers needed per session	Total volunteers needed
Beginners	11	3	5	165
Tasters	4	2	10	80
Ad Hoc Tasters sessions	4	1	5	20
Have-a-go sessions	4	1	5	20
Big weekend	1	2	10	20
Field Tidy-up	1	1	20	20
Total				325

This doesn't take into account some of the club fun-shoots nor the social side of the club activities.

If you consider that volunteering sessions tend to work out on average at 3hrs per session (some more, some less) 325 x 3hrs + 975hrs per year, and yet there are probably only 20-30 regular volunteers who turn-out to help with these sessions and despite common belief, they don't live in the field margins!

Those who have been around and understand how the club functions will always help you to do your role to the best of your ability. You will also gain a lot personally from the volunteer role. You don't have to be on your own volunteering there is room to 'buddy-up' if this helps you settle in. Speak to any committee member at the club if you are interested in becoming involved.

There are many reasons to volunteer in archery but on the whole, people do it as they want to give back to the sport. Archery in the UK couldn't happen without our incredible teams of volunteers. Here are some benefits to volunteering;

- A chance to use your archery skills and knowledge.
- Develop new skills and gain valuable experience.
- Better physical and mental health.
- Improving your confidence.
- Sense of connection to others in the community.
- Making new friends.
- Giving something back to a sport you love.
- Turn volunteering into a coaching qualification.



**YOUR CLUB NEEDS
YOU**



Well, it looks like we are rapidly approaching the time of year when the winter woollies and thermals come out along with heavy waterproof coats. Unfortunately, this also means that with shorter days we will also be shooting indoors. So, what does this mean?

Since we only shoot at 20yds (or 18m) have you considered reducing the poundage on you bow? You might consider a lighter weight set of limbs that become your training limbs during the summer. You might also want to think about nice fat arrows (line cutters here we come). They don't suit everyone, but it is worth thinking about. If you do opt for indoor limbs and/or arrows, one tip for you is to also get a second pressure button. This means you can have an indoor and outdoor button rather than "fiddling" with one button twice a year. Which nicely leads on to Bow Tuning ...

The move indoors is a good time to give your bow the once over and not only check that everything is in good working order (when did you last carefully check the state of your string?) but also check everything is correctly aligned. A quick run through of the Easton Basic Tuning Guide doesn't take long and will quickly identify any issue that can then be ironed out. The guide runs through limb alignment, arrow and long rod alignment, button alignment and tension adjustment along with nocking points. If you would like assistance with this tuning, just speak to one of our coaches.

Since most of the indoor rounds are just 3-arrow ends it is worth figuring out just how much and how often you are going to shoot over the winter. It doesn't take long to shoot a Portsmouth when you only have to walk 20 yds and you will soon get very bored with Portsmouth rounds so why not mix it up occasionally with a Worcester or Vegas (or even a Double Bray l). Then, come the end of the season you will need to be building back up to 6-arrow ends or you will wonder what has hit you the minute you step onto the outdoor range again. Keep an eye open for some of the club events. On Tuesday night, although we like to focus on technique and performance, we do usually play a variety of games or archery challenges just to make life interesting.

Roll on Spring is all I can say!



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