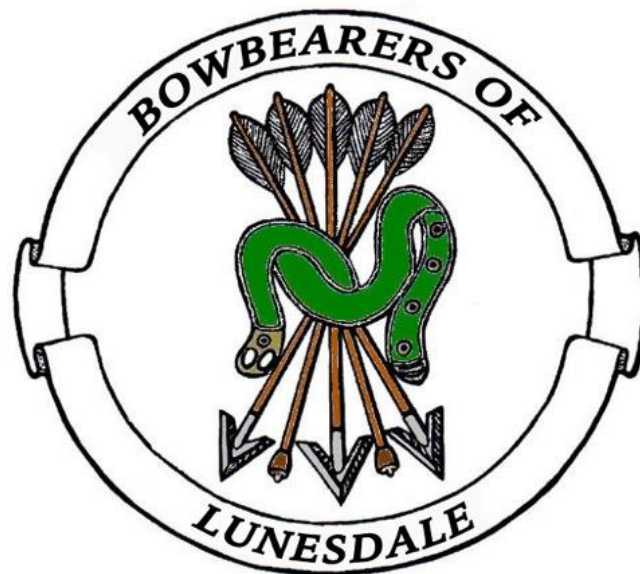


www.bowbearers.co.uk



Archery Club

Welcome to the "Bowbearers Archery Club", we have several shooting venues between Garstang and Lancaster. Our outdoor venue is at Galgate and you can shoot there anytime you want, the Indoor venues are only used during the winter months and are as follows;

Club Shooting Times;

Wednesday 7-00 till 9-00pm - at Lancaster and Morecambe College
LA1 2TY There is no Shooting at this venue during the Summer Holiday period.

Thursday 7-00pm till 9-00pm - while light and weather permit at the Galgate Range, and during the winter at Garstang Community Academy Sports Hall, PR3 1YE.

Sunday 10-00am till 12-30pm - only at Galgate.

Club Colours; are a Burgundy Top and a Black Body warmer, both with the Club Badge on, both can be obtained from Mike's Sports World in Garstang. If you already have any of these the Club badge can be embroidered on, again at Mike's Sports World. GNAS colours are Green and White.

GNAS or Archery GB; The Grand National Archery Society or Archery GB as they like to be called now <http://www.archerygb.org> . In theory GNAS membership allows you to shoot at other clubs, but it will depend on the individual clubs policy, (for example some will require you to be signed in as a guest of an existing member). Your Card will be needed as proof of membership. They also send you a quarterly magazine.

Shooting Line Etiquette; not necessarily rules but considered good manners;

- We normally shoot 6 arrows outdoors, but no more than 4 indoors.
- Don't shoot at distances beyond your ability, as most members would rather shoot than look for lost arrows.
- If more than 4 people are shooting at a Target put another one out.
- If nominated to draw arrows from the target, ask all archers if they mind you drawing their arrows. This only needs to be done once.
- Many shoots now share scoring among all archers on a target. Offer to record the scores for a period.
- Do not offer advice unless asked, this applies to Coaches as well.
- Do not touch another archer's equipment without their permission.
- If you break another archer's arrow through your own carelessness (e.g. while drawing arrows, or walking on it etc) then pay to replace it.
- Always help to put out the equipment (score sheets, target covers, target faces etc) and put it away.
- If joining an existing Target with archers, ask permission first.
- Most importantly remember "Fast" (stop shooting) and not crossing the Shooting Line until being given the signal.

Oh, and it is meant to be fun!!!

Safety Issues and Terminology

Safety is of prime importance in Archery, so we have a few basic safety rules and commands, basically they are all common sense.

Verbal commands: Commence shooting....fairly obvious

Collect arrows.....as above

Fast....The important one, this means stop immediately what you are doing, do not loose an arrow, anybody can say this.

Come down....if you are at full draw, let the tension off the string gently without letting go of the string, pointing the arrow at the ground.

Whistle Commands: can be used instead of verbal commands, and are;

A single blast...start shooting

Three blasts....collect arrows

A series of rapid blasts...**Fast**

Never; Dry shoot a bow without an arrow, it can damage you and the bow and you!

Shoot an arrow vertically, it will come down!

Never load an arrow on to the bow unless you are on the shooting line.

Aim a bow at anything except the target, with or without an arrow.

Terminology; Bow...bendy stick

Arrow...pointy stick

Quiver...holds the arrows

Bracer...arm guard

Tab....finger release aid

Draw the bow...only ever draw a bow when on the shooting line.

Loose...the action of releasing the arrow.

Boss....Target, foam or straw, the only place an arrow should be pointing

Shooting line...from where you shoot.

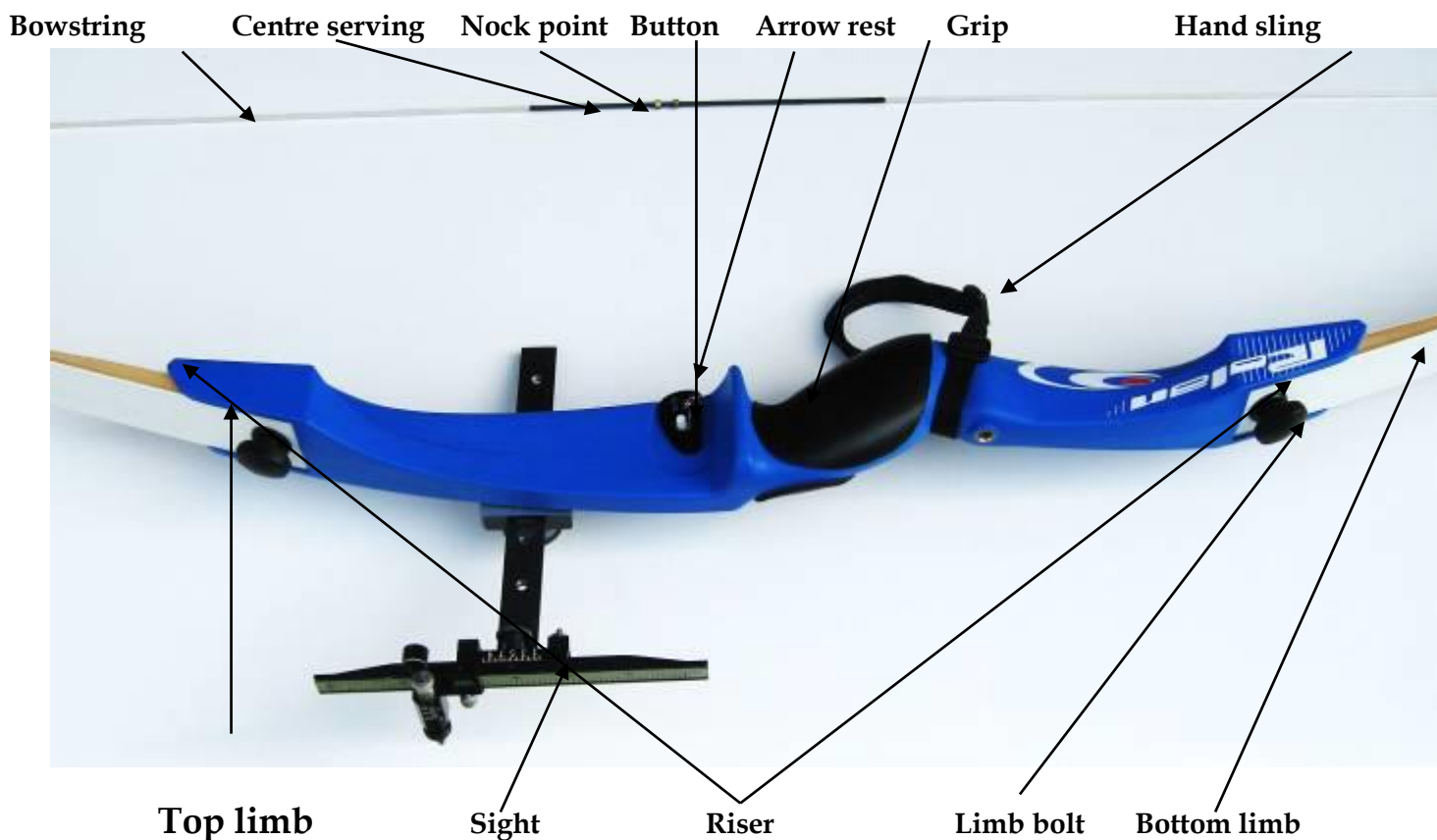
Waiting Line... where you wait before going forward to shoot.

Equipment area...where the equipment is put when not in use, the area between the shooting line and the waiting line.

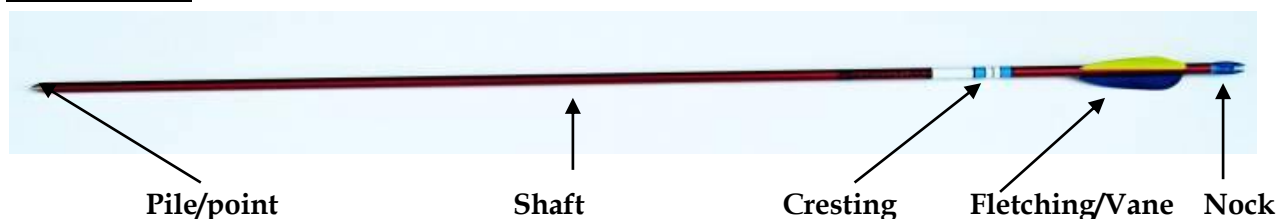
Shooting Range....the area in front of the shooting line, facing the target.

The Equipment

The Bow



The Arrow



Bracer



Tab



Quiver



Ground Quiver

Scoring

Scoring is broken down into 2 parts, the round shot and the points scored.

The Rounds, in archery a round consists of a fixed number of arrows shot over predetermined distances. Rounds are shot in 2 categories, Imperial in yards (20yds to 100yds) and FITA Metric distances (18 to 90 metres). The number of arrows shot varies from 36 to 144. A round can feature several distances, the longest being shot first. The names and types of round shot can be found on the GNAS website.



Scoring, the target faces vary in size, dependant on the range being shot and are from 40cm to 122cm in diameter. In Imperial rounds the scoring is gold 9 points, red 7 points, blue 5 points, black 3 points, and white 1 point. For Metric rounds the colours are subdivided into 2 so that the inner gold is 10 the outer gold is 9, the inner red 8, outer red 7 and so on with the rest of the colours.

Recording scores, scores are recorded on a score sheet, in a competition your score would be recorded by one of the other archers on your target not yourself. Scores are recorded after every 6 arrows, you call out your score in sets of 3 and your companion will record your score, you call the highest score first eg. 10, 9, 7, and then the final 3 eg. 6, 4, 2, misses are marked by an M.

Below is a typical Score Sheet, for a Portsmouth round of 60 arrows at 20yds on a 60cm face, 24 shot.



Name:

Date:

Round: ...Portsmouth.....

Recurve Compound Barebow
Longbow

Doz							ET							ET	S	H	G	RT
1	10	9	8	7	7	M	41	9	9	9	8	8	7	50	91	11	5	91
2	10	10	8	8	7	7	50	10	9	7	7	7	6	46	96	12	4	187
3																		
4																		
5																		

Archer

Target Captain

The Grand National Archery Society or Archery GB

There are several organizing bodies within the Archery community, but the GNAS is by far the largest, now also known as Archery GB. They are based at the Lilleshall National Sports Centre in Shropshire, membership is around the 37,000 mark. To shoot in the Club you have to be a member, GNAS provides us with insurance cover, a quarterly magazine and a coaching system. Membership also allows you to shoot in the various competitions and clubs round the country and abroad. More information can be found on their Website at www.gnas.org.

Internationally the Sport is governed by The Federation of International Target Archery, or FITA based in Lausanne, Switzerland. FITA control the sport Worldwide, organizing Olympic and World Archery Championships.

Both Societies have lots of rules and regulations, most make sense, some don't.

Other types of Archery

The type of Archery we do is Target Archery, which is shooting at targets at known distances over a flat area, there are however several other types of Archery you can try.

Field Archery; The idea of this is to approximate hunting where you shoot at targets at known and unknown distances up hill, down dale and across rivers, usually involves mud and falling over, so good fun.



Clout Shoots; A medieval discipline designed to encourage long range archery ie. shooting the French/Scots/Welsh and so on. Men shoot 180 yds and the ladies 140 yds at a flag or similar. Shooting at foreigners and the Celtic races is now discouraged.

Flight Archery; This is shooting arrows a long way, the current record is 1222.01 metres using a flight bow. This involves a lot of walking and a long tape measure.

Types of Bow

Recurve; As used in the Olympics.



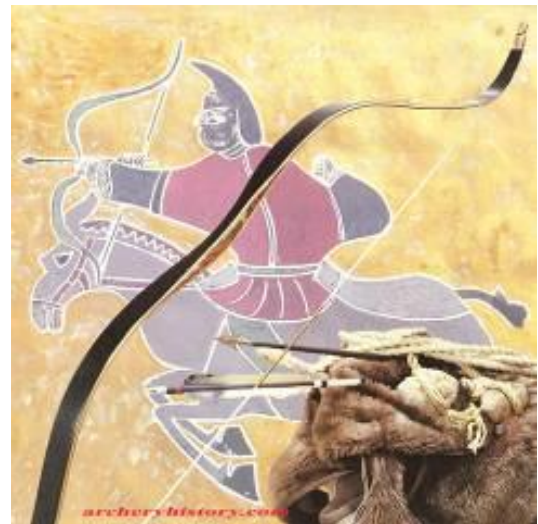
Compound; the dark side.



Horsebow; as used by Genghis Khan, Attila et al, Good fun, horse not required.



Scythian; a bow from Classical antiquity, similar to the horsebow.



Longbow; Traditional English weapon, hardest of the lot to master.



17th century



15th century



19th century

Basic Equipment checks and maintenance

Always check equipment before use, never use damaged equipment

ARROWS; check arrow shaft for damage, bends or cracks, vanes properly attached and the nock undamaged. Both vanes and nock are easily replaced, damage to the arrow shaft is more of a problem and the arrow might be unsafe and should not be shot, if in doubt don't shoot it.

Bow Strings; These should be waxed using beeswax and checked for fraying and damage to the serving, especially at the loops, discard if damaged. The nocking point should be checked for wear, the arrow should click on and stay on, but should be loose enough that a tap on the string dislodges it.

BOWS; Check limb bolts are screwed home, that there are no cracks or signs of delamination on the limbs, and when strung check string loops are secure on the limbs. The string should run down the centre of the limbs.

If in Doubt, ask

Recommended Reading; all available from Quicks Archery, Amazon, and your Local Library.

Fundamentals of Recurve Archery, by Ruth Rowe Excellent for all levels

The Great Warbow, by Strickland and Hardy Longbow, excellent history

Horse Archery, by Kassai Lajos Horseback Archery from Eastern Europe

Local Clubs; Pro's and cons with all of them, go visit, best to ring first.

Bowbearers of Wyresdale; www.bowbearers.co.uk

John O'Gaunt; Lancaster, <http://www.pitchero.com/clubs/valeoflunerufc/a/archery--john-o-gaunts-bowmen-19982.html>

Pendle and Salmesbury; Preston, <http://www.pendleandsalmesbury.co.uk>

Blackpool Bowmen; www.blackpoolbowmen.co.uk

Preston Grasshoppers; <http://grasshoppersbowmen.co.uk/index.htm>

Bowmen of Holme; <http://www.bowmenofholme.co.uk/index.html>

Retailers; Local and Mail order, ask for advice before buying.

Archery World; www.archeryworld.co.uk local, between Preston and Chorley.

Aardvark archery; www.aardvarkarchery.co.uk between Bradford and Leeds, good service.

Quicks Archery; www.quicksarchery.co.uk Mail order, the free catalogue is worth having.

Longbow Shop; <http://www.thelongbowshop.com> best for Traditional stuff made of wood.

Archery Forum; A.I.U.K.- <http://www.archeryinterchange.com> ,useful and good fun.

