

**WELCOME TO  
SOUTH LEEDS ARCHERS  
“THE MILL”**

**Indoor Archery Range**

**Guide to Shooting  
Indoors**



# Indoor Challenge Badges

Outdoors we have our distance challenges and the SLA 200 award badges to aim for and indoors we have the SLA Indoor PBs (Personal Best – or Portsmouth Badge) which is our club run scheme with coloured badges for each achievement.



To claim these, just as we do outdoors with the 200 Challenge, we record our round score online or in the monthly register. Only one qualifying score is needed for the badge.

The Portsmouth round consists of 5 dozen arrows shot at 20 yards on a 60cm face target. Indoors we shoot 3 arrow ends not the usual 6 but you will still have more than enough time to get in some sighters and to shoot the round.

We hope you will have fun trying to get the best score you can throughout the indoor season. Here are the challenges with the badge colours which are awarded for each:

<b>Junior White (120 Points)</b> For all juniors (under 18) only – but do not stop here, keep going, your journey has just begun. Wear it with pride.	<b>Black (240 Points or more)</b> An average of 4 per arrow is a great start to your collection.
<b>BLUE (360 points or more)</b> Now it's a 6 point average score, which is a little tricky at first. Keep practicing.	<b>RED (420 points or more)</b> Averaging 7 points is getting serious. You group well but you still get the occasional miss.
<b>ORANGE (500 points or more)</b> Now you are talking. This score takes some achieving so well done.	<b>GOLD (540 points or more)</b> A milestone of average of 9 per arrow. Consistency and hard work is paying off.
<b>PURPLE (560 points or more)</b> Achieve our purple badge and you are on your way to the top, and it's 570 points or more for compound bows	<b>GREEN (580 points or more)</b> Our ultimate challenge, 580 for all bow types and 590 for compound bows

*The maximum score for the Portsmouth round is 600 points.*

*For more information about classifications and scoring speak to Paul Clutterbuck the SLA Records Officer who will be happy to help. See also the junior progression award badge scheme which has more options for our younger members.*

# Indoor Competition – The SLA Pentathlon

*Spice up your indoor sessions and try new rounds.*

**It's fair.** You will be shooting in a division of similar skilled archers and each has their own handicap. This ensures a level playing field no matter what your experience or even your bow style.



**It's flexible.** You enter the competition by scoring your sessions and recording them online or in the monthly register and therefore compete virtually against others with no need to attend every session to take part. You can enter more than one bow style as long as you gain a handicap for each one during September and October before the competition begins on the 1<sup>st</sup> of November. During the competition just make sure you enter a score each month and for each bow type if applicable.

**It's fun.** Challenging yourself and competing with your friends at SLA is great fun – it's also free to enter and worked out for you. It also helps you to track your own archery progress as you see your handicap reducing with increasing scores .

Here is an outline of each month's challenge with more detail available on request:

- **September and October.** Archers are placed into divisions based on their indoor handicap. If you do not have an indoor handicap you need to enter at least three scores for each bow style you choose – for example shoot a Portsmouth round or even a Bray 1 round (2.5 dozen arrows at 18m on a 40cm target face) so that your handicap can be calculated. Enter your scores online or in the monthly sheets and we do the rest. Treat September and October as practice, get some coaching during this period to make sure you are shooting as good as you can.
- **Month 1 November.** Shoot at least one **Worcester** round (5 doz at 20yds on 16" Worcester face) and enter your scores. Remember that this round is shot in 5 arrow ends so practice shooting more than three arrows. Remember to take time to practice during the month. Your best score is used for your overall result.
- **Month 2 December.** Shoot at least one **WA 18** score (5 doz at 18m on 40cm face) and enter your scores shot from the 18m line – 10 inches closer than the others.
- **Month 3 January.** Shoot at least one **Portsmouth** round (5 doz at 20yds on 60cm face) and record your score in the SLA register. Your best round counts so you can update a score as the month progresses.
- **Month 4 February.** Shoot at least one Vegas 300 Round and one Bray 1 Round. Each is just 30 arrows and on the 40cm face. The Vegas has its own special triangular multi spot face. Both shot from 20 yards and 3 arrow ends.
- **Month 5 March.** During March there is an additional **Head-to-Head** round which is great fun. Using your Bray 1 score from February we split you into H2H matches. You can compete fairly against any archer as each has their own handicap target score, each round has a deadline otherwise you do not progress, so keep an eye on the notice board.

*Results are published at the end of each month and awards are given for each division. There is also an overall Pentathlon winner award which goes to the archer who has competed in each month and has improved the most over the season.*

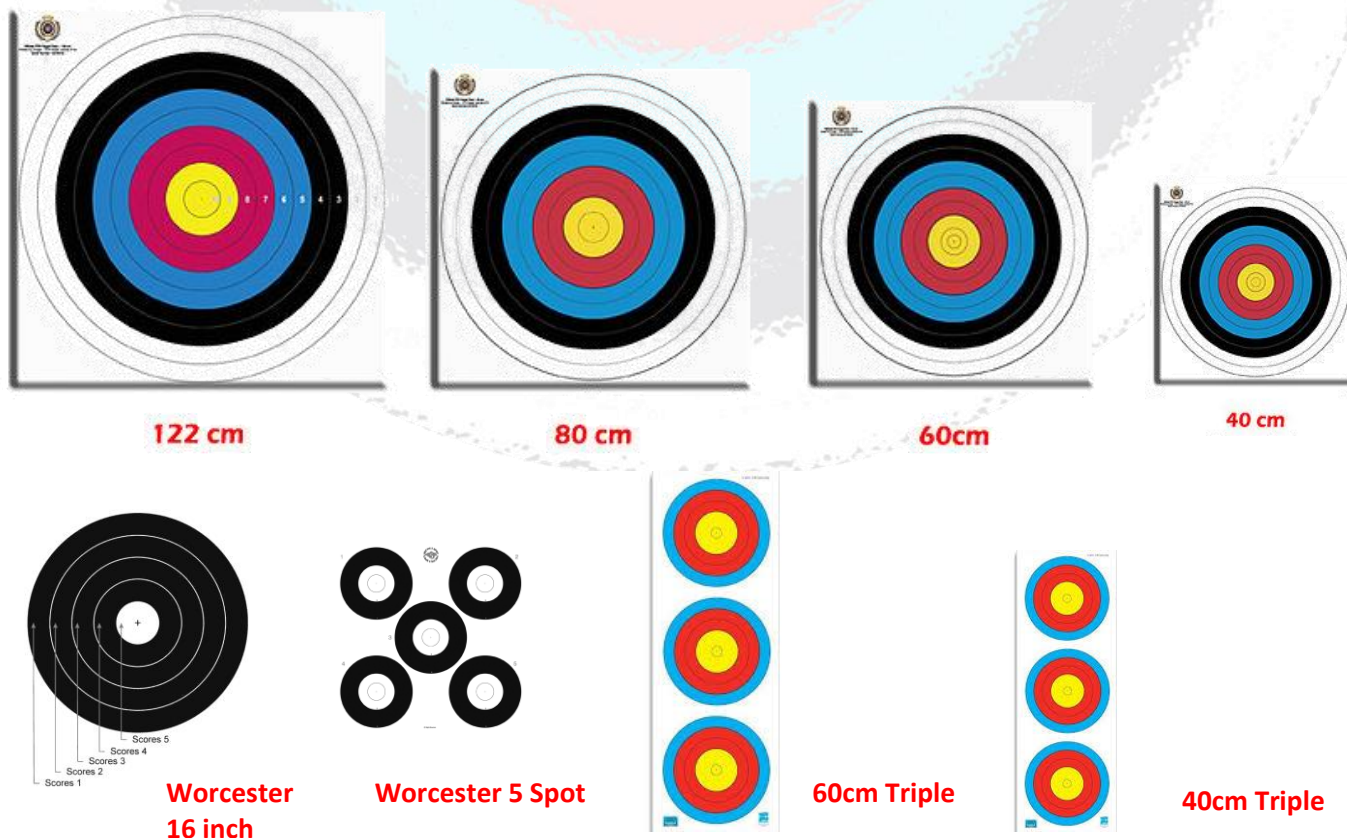
# Indoor Archery Rounds

Here is a summary of typical indoor archery rounds. At The Mill the longest practical distance we can shoot is 20 yards / 18 metres and so not all rounds are available to shoot but you may come across them at tournaments and in other literature, so they are included here for reference (they can also be shot outdoors if you really want to try them).

Archery Round	Arrows	Ends of	Distance	Target Face	Max Score
Portsmouth	5 dozen	3 arrows	20 yards	60cm	600
Bray 1	2.5 dozen	3 arrows	20 yards	40cm	300
Bray 2	2.5 dozen	3 arrows	25 yards	60cm	300
WA 18	5 dozen	3 arrows	18 metres	40cm	600
WA 25	5 dozen	3 arrows	25 metres	60cm	600
Worcester	5 dozen	5 arrows	20 yards	5 Zone Face	300
Stafford	6 dozen	3 arrows	30 metres	80cm	720

## Target Faces

Smaller targets make shooting indoors a challenge whatever your skill. They are designed to mimic the skill required outdoors at longer distances on the 122cm face. Unlike outdoors, all rounds, even the imperial rounds are scored using 10 zones except the Worcester face which is a special 5 zone face scoring 5 for the white centre. Some versions of the indoor targets have triple faces and are mainly used by compound archers to avoid arrow damage. Each end one arrow is shot in each of the faces in any order. Compound archers must also hit the X ring to score 10.



## Keeping Motivated

With only one distance and limited rounds to shoot it can be difficult to stay motivated during the winter months. Do not despair, here are some tips to keep you going:

- ***Use indoors as a practice for outdoors. Speak to one of the coaches if you would like any help about an aspect of your shooting or equipment. Any gains you make indoors will benefit you when we go outdoors.***
- ***Try a different bow type. Learn how to use sights, or shoot Barebow and gain a Portsmouth badge in the new class.***
- ***Learn a new skill. Fletch some arrows or learn how to serve a string. We have coaches and archers that are willing to show you how.***
- ***Use games and club fun shoots as a break from scores. If you are having a wobble and scores are stagnating or have dropped, sometimes just shooting without the pressure can be helpful. We have lots of games that we play on our beginners courses so ask one of the coaches for a reminder of them.***
- ***Set some goals. Perhaps you are thinking of trying your first open tournament or you want to achieve a higher AGB Classification award. Experienced archers and coaches are here to help you to achieve your goals.***
- ***Help others. We have lots of beginner's courses planned each season, why not volunteer to help a beginner or mentor a new member, even consider training as a Club Coach?***
- ***Just have fun. Switch off, shoot a jelly bow, have a go with another bow type. Shoot short distance, blank bale and pop some balloons.***
- ***If all else fails, take a short break and come back refocused.***

## Keep in Touch



***Sign up to our Facebook Group to keep informed about upcoming shoots, news and events. You can also share your own pictures and thoughts or ask a question. Search for South Leeds Archers Members Group and hit the Join Request***

