



SOUTH LEEDS ARCHERS HANDBOOK



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CLUB DETAILS

Club Chairman: Chris Noble

chairman@southleedsarchers.org.uk

Chairs the committee and is first contact for members.

Manages communication and social media

Secretary: Ian Beswick

secretary@southleedsarchers.org.uk

Handles your club and Archery GB memberships etc.

Treasurer: Jitesh Mistry

treasurer@southleedsarchers.org.uk

Handles the club income, expenses and budgets for the year.

Equipment Officer: Andrew Roe

equipment@southleedsarchers.org.uk

Responsible for all club facilities and equipment.

Head Coach: (Vacant) Chris Noble Covering

coaching@southleedsarchers.org.uk

Beginner's courses and continuing coaching development.

Tournament Officer: (Vacant) Chris Noble Covering

tournaments@southleedsarchers.org.uk

Organising Club Open Tournaments and Internal Competitions.

Protection/Welfare Officer: Leigh Hallam

welfare@southleedsarchers.org.uk

Handles H & S, child-protection, Disability rights and the like.

Records Officer: Gary Clutterbuck

records@southleedsarchers.org.uk

Manages the scores database (handicaps, club records etc).

Junior representative: (Vacant)

jrep@southleedsarchers.org.uk

A voice for the younger members.

Staying Connected – See section on keeping in touch but here are the options



www.southleedsarchers.org.uk

Twitter: @sleedsarchers

Facebook Page: /southleedsarchers



WhatsApp Community – see section on keeping in touch

Facebook Members Only Area: Search for South Leeds Archers Members

Your email will be added to our communications mailing list for important updates

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Welcome to South Leeds Archers

This booklet is designed for all members to set out our club rules and etiquette and to provide a source of information for your archery progression. There is a wealth of information about archery online and in books and we cannot reproduce everything here but some of it is captured for your reference.

The most important club rule is that archery should be fun as well as challenging and of course it should always be carried out safely.

Section 1. Club Rules & Etiquette

1.1 General Rules

The safety of other archers and members of public is paramount. If you do not believe it is safe to shoot, then you must not shoot. If you think others are in danger, then you must intervene. If you have any concerns, please bring it to the attention of one of the Club Officers.

1.2 Keeping in Touch

Our goal is to be able to communicate easily to members and for members to be part of a community of archers, supporting each other and sharing ideas and feedback on club matters. All members have 2 options now, Facebook and WhatsApp. If this is not possible for any reason, please speak to the club Chairman or Secretary about steps we can take to help keep you in the loop – but this should be by exception and not the norm.

To join our Facebook Members group search on Facebook for South Leeds Archers Members Group then hit the Join Group button. Your membership will be approved within a day or so at the latest as we try to keep the group exclusive to current (and some former) members only.

To join our WhatsApp community, open WhatsApp on your phone (if you don't have WhatsApp download it from your app store) choose the camera icon at the top of the screen and use it to scan this QR code. It should automatically open the community and let you join. IMPORTANT – we have set up sub groups in the community so that searching for help about a particular topic is easier, so make sure you join them all: Member Updates, Indoor Archery, Outdoor Archery and Coaching Support.



1.3 Outdoor Club Sessions

Outdoors there must be at least two senior (adult) archers present. One archer must act as Field Captain (see below) and the range must be laid out with all safety signs in place regardless of how many archers present.

Archers causing wilful damage to club equipment, or another archers equipment are expected to pay for it.

All members are asked to assist with setting-up and/or putting-away equipment. Try to be there at the beginning, or end of the shoot at the very least. If unsure how you can be of help, please ask if there is a job you can do and ask for clear instruction. Once familiar with our set-up you will soon find a helpful task that you can complete.

Keep your equipment well back from the shooting line and clear the line promptly as others may be waiting for a space to shoot. Observe the proper rules of shooting and etiquette, especially whistles, retrieving arrows and not disturbing others on the shooting line. It is common for up to 4 archers to share a boss when shooting outdoors, and remember that outdoor rounds are shot in 6 arrow ends.

Except in special cases (e.g., club competition), members should not shoot beyond their limitations. This means: "Not beyond your next 200 Challenge or AGB Classification achievement".

1.4 The Field Captain Role

At all times, whenever shooting takes place, it must be under the control of a Field Captain. The Field Captain shall be in sole control of the shooting, shall resolve all disputes in accordance with the Rules of Shooting and make any necessary interpretation and any decision on occurrences not covered by them.

The Field Captain shall be empowered to exclude any archer if he observes any breach of the Shooting Rules or has any such breach reported to him by another archer. The duties include:

- a) Checking that the layout of the range complies with the AGB Rules of Shooting and that all safety signs have been displayed.
- b) Suspending shooting due to weather conditions, accidents or other occurrences that may arise on the day.
- c) If for any reason the Field Captain is unable to complete the full session then he/she will appoint an experienced archer as a replacement. The replacement must have knowledge of the above roles and duties.

1.5 Arrow Safety

Outdoors we share a field with football and other sports, and it is imperative that ALL ARROWS MUST BE FOUND ON THE DAY. If necessary, then a session should be cut short so that everyone can search for the arrow. ALL arrows MUST be numbered and HAVE YOUR NAME OR INITIALS marked on the shaft. Because of the difficulty in finding them, full-carbon arrows are not permitted for novices on the outdoor range, you must have reached First Class status before this is permitted, and even then, if you continue to miss the boss you may be asked to come down a distance or switch to a Carbon/Aluminium composite arrow. If in doubt, please ask a coach, or archery shop before investing in new arrows. This is a safety rule considering that we share the ground with other sports.

Please shoot within your own ability. If you are missing the boss with more than your fair share of arrows, then you must accept that you need to move down in distance and work on your technique. Having the required 200 badge or AGB Classification is not a justification for continuing at the longer distance and causing delays in shooting.

It is EVERYONE'S duty to assist in searching for arrows. This highlights the need to shoot within your ability and not place an unfair burden on your fellow archers. Concentrate on each arrow as you release and please try to get an idea of where the arrow went to help find it. When trying a longer distance ask another archer to spot your arrows as you shoot. It can help eliminate errors by giving you feedback.

To minimise delays the Field Captain may introduce a maximum search time each end. Arrows not found will have to be searched for again on the next end. If after a prolonged search, your arrow is not found you MUST inform the Field Captain. *This is a serious breach of our agreement to use the playing fields and should not be taken lightly.*

Important. When an arrow is found, please check it for damage before shooting it again as it could be the cause of the miss in the first place, or a result of the search. The club is not liable for damage to arrows caused during the search, we use metal detectors in the main, but sometimes rakes are necessary to search large areas.

1.6 Indoor Archery at "The Mill"

With the benefit of a fully set up permanent private range some of the guidelines differ for indoor shooting.

It is everyone's responsibility to make sure that they act safely and responsibly to avoid damage to the property, or injury to themselves or others. Each room is an independent range and so range commands are for the archers sharing a range only. Vocal commands are accepted, some may prefer whistle commands. It is suggested that one of the archers assumes responsibility for issuing range commands at busy times.

Shooting alone is permitted by adults over 18 as access is restricted to members only. Juniors must be accompanied. For clarification, a parent may supervise their child shooting, but to leave a junior at the range there must be a minimum of two other adults present and one of them must be a DBS checked club coach. This is a safeguarding rule and must be observed for everyone's safety.

Everyone is expected to help keep the ranges tidy by taking litter home, washing pots if used, sweeping up or vacuuming when needed and keeping the toilets serviceable. If not clear please ask, and report anything you feel could be improved.

1.7 Archery GB Rules of Shooting

As an affiliate Archery GB Club, we must also abide by the rules of our governing body as well as our own club rules and those of the premises we hire. It is good practice to familiarise yourself with this document, especially the section on rules about different bow types as this can change from time to time.

The Archery GB publication “Rules of Shooting” provides detailed information and rulings about range etiquette, bow safety, bow styles as well as Target, Field and Clout archery. It provides the ABG definitions of bow types for any archer who wants to compete at Club, Open or National level and so it is recommended that you download an up-to-date copy. Visit www.archerygb.org and search for *Rules of Shooting*

1.8 Archery GB Shooting Administration Procedures

Another useful and comprehensive document is Archery GB’s ‘Shooting Administration Procedures.’ In this document it describes the Archery GB liability insurance but more importantly it details each of the archery rounds that you can shoot and includes the scores required for each Archery GB Classification award.

Visit www.archerygb.org and search for *Shooting Administration Procedures*

Section 2 Your Performance

2.1 Keeping Score

The most popular way to keep track of your own scores when shooting is to use one of the many Smart-Phone apps. Each App has its own features and benefits and so if you ask two archers which they use they will both have different preferences. Try the free versions first before deciding which to stick with (popular ones are shown below)

Of course, you can use a simple score card and complete manually (see Section 4) In fact, it is good practice to know how to complete a paper score card when you go to your first competition so, please get to know how to use one.

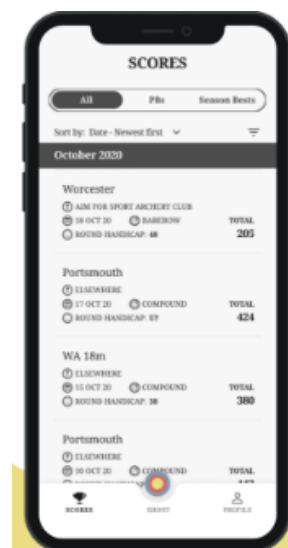
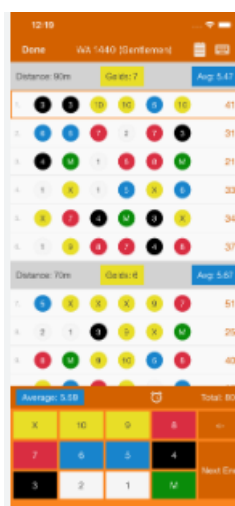
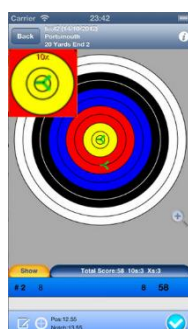
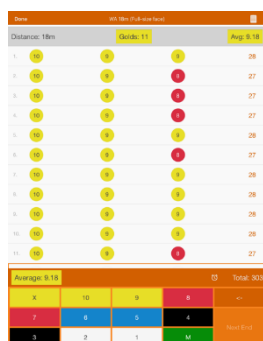
2.3 Golden Records – Claiming Badges

At some point you need to tell us about your scores so you can claim badges and awards and so, shortly after joining we will set you up on Golden Records and you will get a link with your user ID asking you to set a password. Now you can record your scores directly so that the Records Officer can track your progress, issue badges and other awards. You can also use the site as your own performance record and track your achievements and awards. You can even look up club records to see how you compare with others. If any member is unable to use this service, please speak to the Records Officer or Chairman for advice or help on how to log scores.

2.2 Record and Badge Logging – The Red Book and Red Folder

The following awards must be claimed manually by completing a slip which can be found in the Red Book when outdoors, or the Red Folder on the notice board indoors:

Three and Six Gold End Awards – see below section on award details



2.4 Handicaps

Handicaps are calculated based on your latest scores. This helps you to track your performance regardless of which round you are shooting. Handicaps are adjusted automatically any time an archer shoots a recognised round to a standard better than their current handicap. To avoid any rigging of handicaps before a tournament a handicap can only be adjusted upwards except in rare cases (e.g., returning from injury or a break of more than 12 months) You will have a separate handicap for indoor and outdoor shooting so make sure that you enter scores regularly. You may also have a different handicap for each bow-type that you shoot. For example, a Recurve Handicap and a Barebow Handicap.

In a handicap tournament each archer, regardless of bow type, experience, age, or gender, can compete fairly against each other. Each archer has an allowance, or target score and so they are effectively shooting against themselves. The archer who improves most compared to their target score will be the winner and it will result in a new lower handicap for future tournaments and so on.

2.5 The SLA Distance Award Badges

This is a club run scheme for outdoor shooting with the goal of getting all our archers to move up in distance at a comfortable and manageable pace so that we minimise the risk of losing arrows on the field and rewarding achievement milestones along the way - can you collect them all?



The badges are colour coded for each distance as follows:

20	30	40	50	60	70/80	90/100
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When you begin outdoor shooting, or when changing bow types, you must start at 20 yds./m and progress through the distances in order. The only exception to this rule is where you have gained your Archery GB Classification Award and to achieve the next award you need to shoot a distance that you otherwise would not be able to shoot, let the Field Captain know that you are shooting for your next Classification.

How to complete the challenge. Scoring 36 arrows archers must score as follows to achieve the award for each distance shot (note that if shooting metres it's 10-zone scoring and in yards it's 5-zone scoring)

All Archers under 14 shooting any bow type – Score 169 or more

All Archers over 14 shooting traditional bows (must be wooden arrows) – Score 169 or more

All Archers over 14 shooting barebow – Score 200 or more

All archers over 14 shooting Recurve Freestyle – Score 250 or more

All archers over 14 shooting Compound Bows – Score 270 or more

When you have achieved it at one distance, try the next longer distance – but remember section 1.4 – arrow safety and avoiding delays due to arrow loss – if you are struggling at your next distance practice more at the lower one until you cannot miss.

2.6 Archery GB Classifications

Classifications are a national scheme and are important to all archers because they are the best indication of where you are in terms of scoring ability and provide a benchmark for levels of improvement. There are six classification levels: the lowest is Third Class, then Second Class, First Class and Bowman. (To gain Master Bowman, and Grand Master Bowman you must shoot the required score during a record status tournament)



Archery GB produces tables detailing exactly what scores you need in each round to hit a certain classification. The scores required for a classification can be found in AGBs Shooting Administration Procedures. Some Smart-Phone apps will advise you if you have achieved a classification score. We also maintain a booklet of scores in the Field Set-Up Box. To gain a classification you need to shoot three scores that meet that classification level (they do not all have to be the same round). Once you achieve a classification you cannot go back and claim a lower one so if you

are a collector try to do them in order. You can hold different classifications for different bow types, but you can only hold your classification for the calendar year in which you shot your qualifying scores. You must re-qualify each year to maintain your classification by shooting just one qualifying score at the start of the new season (you are not awarded with a new badge).

2.7 The SLA Gold End Award

For 2022 this award is for all archers using any bow type. For archers using traditional equipment (wooden bow and wooden arrows) you must put three arrows in the gold in a single end, and for all other archers you must put all six arrows in the gold. For the purposes of this award only, the gold consists of the inner 10, 10 and 9 ring regardless of whether shooting metric or imperial rounds. For clarity – this must be done when shooting a round – and not during practice and must be witnessed by another archer. There is a claim form in the Red Book. The distances and award colours are as follows. Note that there is an Archery GB award claimable for the longer distances – see claim forms in the field captain's box.



20	30	40	50	60	70/80	90/100
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2.8 The SLA Indoor PB Award

This is a club run awards scheme for indoor shooting. Indoor PBs (Portsmouth Badges/Personal Bests) are claimable for a Portsmouth round. Each badge has its own minimum score and is for all bow types, compound bows have a higher score threshold for the two highest awards only.:

White - 240 Points Average per arrow: 4	Black - 300 Points Average per arrow: 5	Blue - 360 Points Average per arrow: 6
Pink - 400 Points Average per arrow: 6.7	Red - 450 Points Average per arrow: 7.5	Orange - 500 Points Average per arrow: 8.3
Gold - 540 Points Average per arrow: 9	Purple - 560 (570 Cp) Points Average per arrow: 9.3	Green - 580 (590 Cp) Points Average per arrow: 9.7



2.9 Other Archery Awards

Track your progress on other rounds with our other award badges.

Frostbite Awards	200	225	250	300	330	350	355
Outdoor 3 Dozen @ 30m/80cm Face							
Worcester Awards	100	150	200	250	285	295	300
Indoor 5 Dozen Round @20y							



2.10 Club Records

The Club Records Officer handles claims for club record scores. There is no badge other than a virtual 'badge of honour' that you hold the club record for a certain round. It is important where club records are concerned that you are adhering to the spirit of the appropriate AGB/WA rules of shooting. For example, if shooting a round of more than one distance you cannot have any sighters on the second (or subsequent) distance(s) so make sure you have accurate sight marks recorded before attempting a round.

Occasionally, for poor weather or other circumstances you may need to complete your round on another day. We allow this as an exception, but it must not be abused, and you must continue the round without any sighters when you commence. With experience you will know which rounds can be completed in our evening and weekend sessions, for example it is highly unlikely you would complete an Albion or Windsor in one evening so save those for the weekend sessions.

2.11 County Records

County records can only be claimed when shooting a record status competition. The Yorkshire Archery Association website has a list of current records.

Section 3. Archery beyond SLA

3.1 Tournaments

As you gain confidence in your ability you should consider entering an archery tournament as your next challenge. These are run around the Yorkshire area and one of the benefits is that your Archery GB membership covers you to shoot at an Open, County, Regional and even National level competitions.

If you visit the Yorkshire Archery Association's website, navigate to the upcoming tournaments tab, and browse the available competitions. You can even check results of past tournaments to see where your current scores would put you. Bear in mind, that competitions attract archers of all abilities, many go purely for the social side of Archery, others to win or improve on their previous scores.

Preparing for your Tournament can be a little daunting. Speak to a fellow club member who has experience of tournaments as they can give you valuable advice. The key is to be well prepared, know your equipment and have spares and tools to hand.

Typical examples: You will need a pen for keeping score and a calculator. A pair of binoculars or a spotting scope can help you spot your arrows on the target. Check the weather forecast and be prepared, whether that is to include sunscreen or waterproofs. A chair to sit on during breaks between ends and at lunch time is always handy as well as snacks and plenty to drink so that you stay hydrated and energised throughout the shoot.



Be aware of Archery GB dress regulations. For most events there are dress regulations in place that must be followed by all competitors. These are set out in the Rules of Shooting, but can be summarised as follows: Tops must cover the front and back of the body, any colour clothing is permitted, except for blue denim, olive drab, and camouflage patterns. Plain or archery-related clothing is recommended (in fact why not wear the club colours? See if we have your size in stock) and remember that footwear must cover the whole foot (no open-toed sandals or shoes are allowed).

Plan to arrive in plenty of time for the start of the event. This is to give yourself enough time to register, set up your equipment, and meet your fellow competitors. You will be allocated a target and detail, usually the archer listed as detail C would do the scoring, but if you are not comfortable with scoring at your first competition, simply talk to your target mates and ask for a swap. The archers not scoring share the job of pulling the arrows from the target. Most experienced archers will happily guide you through your first few tournaments. Judges are also there to help and will be more than happy to answer any questions or queries you might have.

Most importantly, remember that you are there to have fun, learn from others and to experience the event. Some archers get nervous at such events but once you have dipped your toe in you may find that competition suits you and it is where you shoot at or close to your best.

3.2 Shooting at Other Clubs

Most other clubs in the UK will allow Archery GB members to shoot at their club as a visitor, which is a benefit of being a member. This is worth looking at if you are holidaying in the UK and you would like to experience archery in another part of the country. Check their website first and check if they allow visitors and if you must book. Most will charge a fee for this, usually £4 to £5 per session.

3.3 External Reading

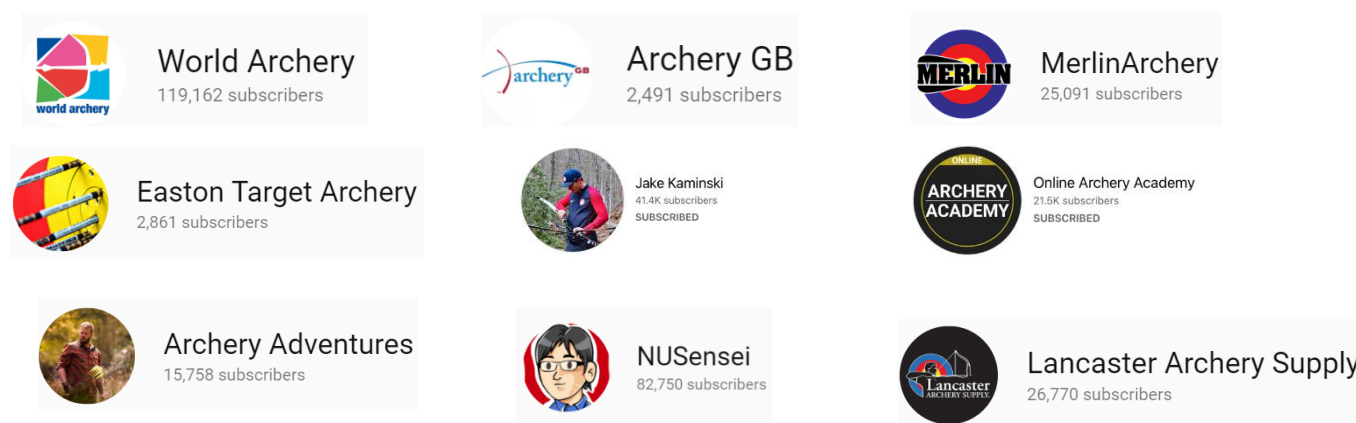
There are hundreds of sources of information about archery. A quick internet search can provide you with articles written by professionals, advice from fellow archers, videos from countless sources. One thing to remember is that archers share their own opinions and methods, and you may read or see an archer saying you must do it one way, contradicted by a different archer saying to do it another. What is important is safety and consistency, if you shoot better standing on one leg and can do it safely and consistently then good luck to you.

Here is a list of popular sources of information and some book titles:

Books



You-Tube Channels



Section 4. Archery Rounds and Information

4.1 Archery Rounds

There are many publications, scoring apps that include this data, but it is shared here for information. At SLA when we are outdoors from April to the end of June, we shoot Metric Rounds and from 1st July to the end of September we shoot Imperial Rounds. The biggest difference between the two, other than the distances is the 10-zone and 5-zone scoring. Indoor Rounds are listed too. See below:

Metric Outdoor Rounds														
10 Zone Scoring	10	9	8	7	6	5	4	3	2	1				
Round	122cm Face							80cm Face						
	90m	70m	60m	50m	40m	30m	20m	50m	40m	30m	20m	15m	10m	
Metric I		3	3					3		3				
Metric II			3	3					3	3				
Metric III				3	3					3	3			
Metric IV					3	3					3		3	
Metric V						3	3					3	3	
Long Metric (Gents)	3	3												
Long Metric (Ladies)		3	3											
Long Metric I		3	3											
Long Metric II			3	3										
Long Metric III				3	3									
Long Metric IV					3	3								
Long Metric V						3	3							
Short Metric								3		3				
Short Metric I								3		3				
Short Metric II									3	3				
Short Metric III										3	3			
Short Metric IV											3		3	
Short Metric V												3	3	
Half Metric I		1½	1½					1½		1½				
Half Metric II			1½	1½					1½	1½				
Half Metric III				1½	1½					1½	1½			
Half Metric IV					1½	1½					1½		1½	
Half Metric V						1½	1½					1½	1½	
Dozens of arrows at each distance														

World Archery Recognised Outdoor Rounds													
10 Zone Scoring	10	9	8	7	6	5	4	3	2	1			
Round	122cm Face							80cm Face					
	90m	70m	60m	50m	40m	30m	20m	50m	40m	30m	20m	15m	10m
WA 1440 (Gentlemen)	3	3						3		3			
WA 1440 (Ladies)		3	3					3		3			
WA 1440 (Cadet Ladies)			3	3					3	3			
WA 900			2½	2½	2½								
WA 70 metre		6											
WA 60 metre			6										
WA 50 metre								6					
WA Standard Round				3		3							
Olympic Round		sets											
Olympic Round (Cadet)			sets										
Compound Match								1½					
Dozens of arrows at each distance													

GNAS Imperial Outdoor Rounds						
5 Zone Sc	9	7	5	3	1	

Round	122cm Face							
	100y	80y	60y	50y	40y	30y	20y	10y
York	6	4	2					
Hereford		6	4	2				
Bristol I		6	4	2				
Bristol II			6	4	2			
Bristol III				6	4	2		
Bristol IV					6	4	2	
Bristol V						6	4	2
St. George	3	3	3					
Albion		3	3	3				
Windsor			3	3	3			
Short Windsor				3	3	3		
Junior Windsor					3	3	3	
Short Junior Windsor						3	3	3
New Western	4	4						
Long Western		4	4					
Western			4	4				
Short Western				4	4			
Junior Western					4	4		
Short Junior Western						4	4	
American			2½	2½	2½			
St. Nicholas					4	3		
New National	4	2						
Long National		4	2					
National			4	2				
Short National				4	2			
Junior National					4	2		
Short Junior National						4	2	
New Warwick	2	2						
Long Warwick		2	2					
Warwick			2	2				
Short Warwick				2	2			
Junior Warwick					2	2		
Short Junior Warwick						2	2	
Dozens of arrows at each distance								

Indoor Rounds

Distance	18m	18m	25m	30m	20y	20y	20y	25y
Face	40cm	40cm special	60cm	80cm	40cm	60cm	16in special	60cm

10 Zone, 3 arrows per end				10	9	8	7	6	5	4	3	2	1
Bray I						2½							
Bray II												2½	
Stafford				6									
Portsmouth								5					

10 Zone, 3 arrows per end				10	9	8	7	6	5	4	3	2	1
WA 18m	5												
WA 25m			5										
WA Combined	5		5										

5 Zone, 5 arrows per end				5	4	3	2	1
Worcester							5	

Upper 10 Zone, 3 arrows per end, 3 faces in turn				10	9	8	7	6
Vegas		5						

4.2 Bow Types

A word about bow types. It is important that you know your bow type when competing or entering scores in the Red Book. Archers often start out shooting barebow and then experiment by adding sights, stabilisers, and clicker. Each of these items alone will disqualify your bow from the barebow class and you will be competing/scoring as per recurve. Similarly, some bows are intended to be shot with wooden arrows and with a fixed anchor and changing this will breach the rules for that bow and put you in a completely different classification. Changes will also affect the scores you need to achieve your AGB Classifications as each bow type has its own required score. As a quick reference we include an overview of the main bow types here (for detailed information please refer to the Archery GB Rules of Shooting)

Recurve Freestyle

This is the full-blown Olympic Recurve, and the following items are permitted:

Recurve bow, Sights, Stabilisers, Clicker, a Tab with anchor plate, kissers button, adjustable arrow rest, any arrow type with a maximum diameter of 9.4mm (Note SLA excludes full carbon arrows)

Recurve Barebow

Any riser can be used, made from any material. The only permitted addition is to add weights which must be fitted directly to the riser below the grip with no extension or vibration reducing attachment. The string must not be marked in any way to aid aiming. The sight window and bow should be clear of anything that could help aiming (e.g., a screw left in the clicker plate hole can be used to assist aiming, as could leaving a sight mounting block on the bow). The same arrow restrictions as per Freestyle and any tab, and anchor can be used. Stringwalking is permitted. The tab must not be marked with distances, but a crib card is allowed.

Recurve Traditional

The Recurve Traditional is as described for Recurve Barebow save that the arrows should be made of wood and be fletched with feathers. A non-adjustable rest is allowed but no pressure button is permitted. Archers must stick to one anchor position and one finger position throughout a shoot. This class would also apply for horse-bows for example. Unfortunately, most organised competitions do not recognise this class and group these bows with Recurve Barebow.

Longbow

The English or Traditional longbow made from wood, either "self," "backed," or "laminated" with cambered (stacked) belly and horn nocks. Bows of bamboo are allowed. String of any material, a kisser for draw position only. A ground marker can be used for sighting and the bow limb can be marked or a rubber band used (max 1/8 inch depth). Arrows must be wooden with feathers and with no maximum diameter. Any finger tab or glove is permitted.

American Flatbow

Traditional form of longbow which may be made from any material or combination of material. No weights, stabilisers or torque flight compensators are allowed. No attachments to the string or bow to aid aiming. String silencers are permitted if they are not in the archer's line of sight. No arrow rest other than the bow shelf allowed. Wooden arrows with feather fletchings maximum 9.4mm diameter. Gloves and tabs are permitted but must not have an anchor plate. Again, not a class that is included in most open competitions so check first. If not enter as Recurve Barebow.

Compound Unlimited

Stabilisers, sights, plus a magnified scope and release aid is permitted. All types of additional devices unless they are electric or electronic are permitted. Arrows of any material (save the SLA rule) max diameter 9.3mm

4.3 Score Card Sample

Archer:

Round:

Date:

	Score	End	Score	End	Sum	Running Total	Hits	Gold/10s	Xs
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
Signature: _____									

Archer:

Round:

Date:

	Score	End	Score	End	Sum	Running Total	Hits	Gold/10s	Xs
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
Signature: _____									

Section 5. Goal Setting and Getting Help

5.1 Goal Setting

It is common for archers to progress quickly after completing their beginner's course but as time passes the improvements slow down to a point that scores start to stagnate. To keep your archery exciting it is important to have goals and to seek help to achieve them.

At regular intervals, or when you feel you need that extra motivation jot down some SMART archery goals. This method is proven to aid results if used properly.

S - Make it specific, e.g., gaining a classification or PB. It is also important at this stage to identify where you need help. Is it equipment or technique related? Who can help you achieve this?

M - Is it measurable? Set a specific score target, a classification award or a badge are good examples.

A - It must be achievable, with a bit of effort or training. Do not stretch yourself too far all at once.

R - Make it realistic, winning an Olympic medal is (probably) not realistic.

T - Timed, i.e., when will you achieve it?

Keep them somewhere safe and see how you do over the coming year.

My SMART Archery Goals

Specific	
Measurable	
Achievable	
Realistic	
Timed	

5.2 Getting Help – Coaching Classes

The Club coaches are not just there to run beginners' courses, we can offer advice and help at any time. (Please be mindful that they are also archers and club members themselves so approach them and let them make time to speak to you)

Coaches will not approach you and offer unsolicited advice (unless it is for safety reasons). Archery is unique that many variations in style are possible that will yield good results. The coaching model is to explain the advantages and disadvantages of a particular technique or piece of equipment and to let the archer try, practice, evaluate and choose to want to change.

Boost archery sessions are designed to give you some planned time with a coach in small groups to work on technique. These are followed up by one-to-one sessions to review progress. Workshops are offered to members to help with setting up their bow, tuning arrows and, maintaining strings and other equipment.

Your Notes: