

THE JESTER



DECEMBER 2021 ISSUE | WRITTEN BY KATHERINE COMINA

WELCOME TO OUR MONTHLY NEWSLETTER

Welcome to the winter season and to our BRAND-NEW Harlequin Bowmen Newsletter! Once again, we're nearing the end of a fantastic year of archery, and what better way to celebrate than by the launch of our newsletter – The Jester – a way for all our members to stay 'in the know' with the goings on at Harlequin. We'll aim to put out a new issue each month, so you'll never miss an update. We've got the latest news, events, and so much more!

Got a story for us? Send it in to juniors@harlequinbowmen.org.uk and you could feature in our next issue!

NEWS OF THE MONTH

The leaves have fallen and so have our hopes of shooting outdoors in just a t-shirt. At least we've got the indoors to keep us warm! We've had an average of around 15 archers each Friday shooting at our indoor venue and it's been great to see! Alongside weekly Portsmouth's, Winter Coaching has kicked off and it's been a great success. A small and motley crew of both young and senior archers have signed up for some extra training this season and with the next session coming up this weekend, you'd best hope they've done their homework!

The Winter Coaching Program is a series of five three-hour long sessions run on the first weekend of every month over the winter. In these sessions, we start with warm-ups and some 'benchmarking' to check on our archer's scoring improvements, followed by one-to-one coaching to improve archer's technique and skill. We end each session with strength and conditioning (which everyone loves...) and usually a few competitive games thrown in for fun. If you missed the memo and are super eager to get some coaching in over the winter, just let Paul know and we'll see if we can help! Email: chair@harlequinbowmen.org.uk

IN OTHER NEWS the annual November Fireworks Shoot went out with a bang (not literally, although we did lose the roof to the Wendy house). What a show of people! It was great to see so many archers of all ages and bow styles down at the field for a bit of fun. Those who took part, what was your favourite end? Would you like more fun shoots like this?

YOU FEATURE: WITH HANNAH ACKLAND-SNOW

As many of you may be aware, Hannah is part of the Archery GB Olympic Squad and has been working her socks off training and competing in events all over the country all throughout the year. It's such exciting news to hear that she made it into the TOP 10 in this year's Junior National Rankings and is 7th in the country! Everyone please make sure you give Hannah a huge round of applause and wish her the very best as she continues along this amazing path. Well done Hannah!

DECEMBER CALENDAR

SAT 4TH – WINTER COACHING
SUN 5TH – MONTHLY SHOOT
SUN 19TH – ST NICHOLAS SHOOT
SUN 26TH – BOXING DAY CLOUT

MEET THE COMMITTEE MEMBER



Hi, I'm Paul! MY ROLE ON THE COMMITTEE

I'm club Chairman, Coaching Officer, Webmaster, and until recently Beginners Course Coordinator.

MY ARCHERY EXPERIENCE

I've currently been shooting for about 8 years, predominantly recurve but have recently tried my hand at the wonderful world of longbow. My favourite type of archery is Clout Archery (when I'm actually doing well LOL).

DID YOU KNOW

As a club, Harlequin Bowmen used to do indoor archery in an INFLATABLE building?!

EMAIL

chair@harlequinbowmen.org.uk



ADVERT – ST NICHOLAS CHRISTMAS SHOOT

Fancy a festive fun shoot?! Join us at our annual St Nicholas pre-christmas event! We've got the goods – hot drinks, cakes, good company, and maybe a bacon roll or two...

Sunday 19th December, 10:00am assembly, 7 dozen arrows, OPEN TO ALL, NOVICE FRIENDLY

Rounds Available:

- St Nicholas – 40, 30 yards
- Santa's Lil Helper – 30, 20
- Lil Elf – 20, 10

FANCY DRESS/CHRISTMAS JUMPERS ENCOURAGED BUT NOT COMPULSORY

All enquiries to Katherine via juniors@harlequinbowmen.org.uk

COACHING TIP OF THE MONTH

"Improve your shooting consistency and keep your bow shooting quietly by checking you always have the same bracing height each time you string your bow."



OUR HARLEQUIN HAWKEYES

The Young Archers Page is finally here! It took a minute, but we finally get to feature our lovely Young Archers (formerly known as Juniors) on our website. Harlequin Young Archers are the under 25's of the club, and we've had LOADS of fun this year! It's been great to see so many of us down at the club more often AND going to competitions. We've attended:

The Diana

The Harlequin Bowmen Clout Weekend

The Berkshire Outdoor Championships

The Harlequin Bowmen Club Championships

And so many more!

HONOURABLE MENTIONS: Rupert for shooting the full adult distance at the club championships. Chloe for being Lady P at the club championships. Hannah and Chloe for all their hard work and achievements as part of Olympic Squad training this year. Paul, Joe, Freya, and Lauren for participating in this year's winter coaching. Is your name missing here? Send in your achievements to Katherine and we'll make sure your story is heard loud and proud!
Email: juniors@harlequinbowmen.org.uk

WHAT WE'VE BEEN UP TO: SATURDAY SQUAD – A PIECE FROM LAUREN

"Saturday Squad is a fun and sociable way for you to become more confident in your shooting skills whilst making new friends! Typically we start with warmups followed by 'bench marking' which is where we score for a few ends to see how we have improved since last session. Then we have shooting practise with one-to-one coaching which means we get direct feedback from a coach on our technique. What I love most about Saturday Squad is the games at the end! We either get into teams or compete against each other in lots of different games (my favourite is 'Last Man Standing' where you have one arrow and the person furthest away from the 'X' is out until there's only two people left and then the closest wins)! Saturday Squad is perfect for Young Archers who are new to the club because you get to meet all of the other Young Archers and make friends!!!"